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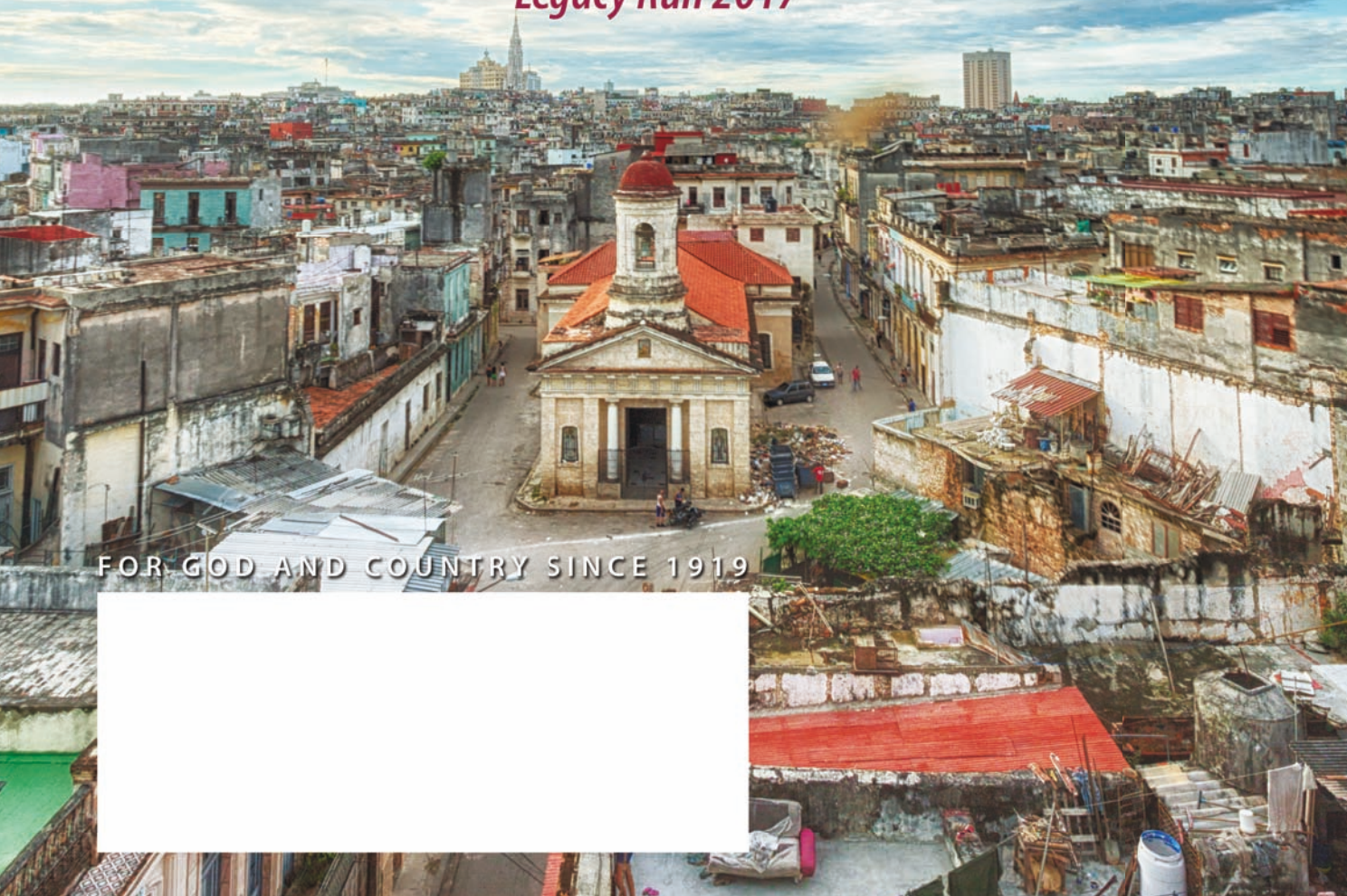
The Fort McHenry You Didn't Know

A TASTE OF PATRIOTISM: MILITARY CUISINE

Legacy Run 2017



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contents

July 2017 • Vol. 183, No. 1

24 Home of the Brave

During the Great War, Fort McHenry became the nation's largest military hospital, influencing the future of U.S. medicine and playing a role in the creation of VA. *By Ken Olsen*

ON THE COVER

32 The Cult of Castro

Months after the Cuban strongman's death, the island nation shows no signs of abandoning communism. *By Alan W. Dowd* Getty Images

38 Legacy Run 2017 – From Fort Dodge to Reno

The charity motorcycle ride will cover 1,400 miles across Kansas, Colorado and Utah before arriving at the Legion's national convention. *By Steve B. Brooks*

40 Operation: Military Cuisine

Military-themed restaurants draw crowds by honoring active-duty troops, veterans and first responders. *By Audrey T. Hingley*

IN POSITION

Precision shooters take aim at the American Legion Junior Shooting Sports competition at the Olympic Training Center in Colorado Springs, Colo., in 2016. This year's competition runs from July 18 to 22; follow it online at **www.legion.org**. Photo by Clay Lomneth

5 *Vet Voice*
8 *Commander's Message*
10 *I Am The American Legion*
12 *Big Issues*
14 *Living Well*
18 *Travel*
22 *Veterans Update*
46 *Rapid Fire*
58 *Comrades*
60 *Parting Shots*

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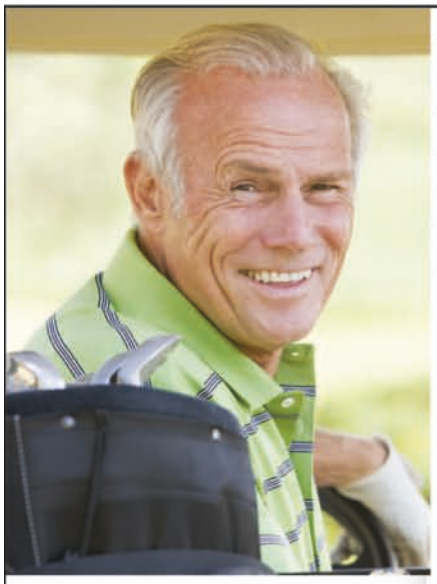

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Photo by Clay Lomneth

'The Lost Graves of Tarawa'

The May cover photo of the hay wagon on the Nebraska prairie, bearing the remains of a World War II Marine killed on Tarawa, was one of the most moving pictures I have seen in a long time. The sadness of a family losing a loved one on the other side of the world and not knowing what happened for more than 70 years is heartbreaking.

– Donald F. Ferrell, Chandler, Okla.

The cover of a horse-drawn cart carrying the remains of a Marine killed in action on Tarawa touched my heart.

– Lo Trowbridge, Bethel, Conn.

I found the photo of the farm wagon carrying the flag-draped coffin of a Tarawa casualty beautiful and touching. It is said that a picture is worth a thousand words; I found this one 10 times that. In my mind's eye, I saw the people on the wagon as descendants of the deceased and the flag bearer as the leader of a lengthy parade of caring mourners.

I believe the picture is worthy of a Pulitzer Prize nomination, and of being displayed on post walls with the title, perhaps, of "Coming Home."

– Hal Bander, Peoria, Ariz.

I read Ken Olsen's article on the lost graves of Tarawa. My oldest brother is in one of those graves. His name was Sgt. Myron Lane Abbott; he was killed on the second day of the battle and buried there.

Our father filled out papers after the war to have his body brought home, but it could not be located. There have been several attempts in recent years to find my brother's remains, all unsuccessful.

Lane was the oldest boy in our family. He had three sisters and seven younger brothers; of the eight boys, seven wore the uniforms of our nation. He landed at Guadalcanal and was wounded the first day. Six or seven months later, he returned and was there until the end of the fight. Tarawa was his next landing – and he is still there. We hope by some miracle he will be returned to our family.

Only three of us are living. I am the oldest, and 89, so we don't have a lot of time left. We have a gravesite and marker in our local cemetery waiting for him. We deeply appreciate all the efforts to bring MIAs home.

– C.L. Abbott, Spanish Fork, Utah

'The Warrior Spirit'

I'd like to congratulate Jeff Stoffer on his fascinating article (May). This well-informed look at the warrior ethos of Native American Comanches who have nobly served our nation should be an inspiration to all who care about our country. I am glad to see writing that delves into the unusual and offbeat corners of our history, to honor those who gave their all for all of us.

– Alan White, Albany, Ga.

I saw the picture of Ray Tahsuda and said, "I know him." He was my basketball coach and history teacher at Altus High School in Oklahoma, from 1964 to 1966. Coach Tahsuda was liked and respected, though he never discussed his war experiences in class.

– Lonnie Rickey, Watonga, Okla.

Affordable Care Act repeal

I read the opinions of Reps. Greg Walden and Frank Pallone Jr. regarding the Affordable Care Act (Big Issues, May). Pallone sees ways to improve health care for all citizens. Walden sees no hope in improving and building on the established base, but only in carving out new ground with an untested system.

In World War II, Americans took old captured runways in the Pacific and repaired them for U.S. airplanes. That was faster and better than carving out other runways. We know some of the ACA's potholes and can avoid them without reinventing the wheel. A new system means testing it to find new potholes.

– Edward Terrell, Raleigh, N.C.

We are the only advanced nation with a system dominated by private insurance companies. Both political parties blame each other for premium increases and continue to advocate for the same insurance-dominated schemes. I don't know if a single-payer system will work in the United States, but in the face of skyrocketing premiums and costs, we should try something different. We can do better.

– Dan Raymond, Holly, Mich.

'Sacred Ground'

Regarding Lyn Mettler's article (Travel, May), allow time to participate in the National Park Service's programs when visiting Antietam or Gettysburg. I can remember standing opposite the field of Pickett's Charge. The ranger's description of the charge not only made it come alive, but sent shivers up my spine.

– Jeff Moran, Portage, Mich.

On veteran status

I read Tom Philpott's article about Congress granting reserve and Guard retirees veteran status (Veterans Update, May). It's about time, but as someone who served in the reserves but did not stay past six years, I don't think it goes far enough.

I entered the Air Force Reserve and went to basic training in November 1969. I considered it an honor, since my father had been a pilot in World War II and was still in the reserves even though he was no longer flying.

I signed a contract to serve for six years, meaning I was on call 24/7, and received an honorable discharge after completing my contract. I was at home, able to do what I wanted until called or required to be on base, but maintained the same standards to be ready to go.

Let me be clear that I expect nothing more than the simple recognition that I did wear the uniform, did the training, served the required time and stood ready to do what was required, all on a voluntary basis. I don't need anything from VA. Those benefits need to go to the people who stood in harm's way, who sacrificed much more than anyone who has never served can ever imagine.

– Joe Wright, Forks, Wash.

It was interesting to read about the problems of the Guard and reserves, but it's somewhat hard to sympathize with people who only served part-time.

They served for a limited time under orders. Therefore, they cannot earn full-time benefits. If they do, what is the incentive for anyone to serve full time? While the Guard and reserves have the luxury of living in the same general area where they serve, full-time servicemembers generally serve far from home – even overseas. Full-time servicemembers are considered on call 24 hours a day, subject to recall at any hour.

The fact that the Guard has been used more in the past few decades should be reviewed, and perhaps some changes made, but to put it on a totally equal footing with those on active duty degrades the service of those who serve full-time.

– John Wolf, Bethel, Pa.

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'Cleanup' vets still paying a price

"Invisible bullets entered our bodies, and we carry them with us daily," Paul Laird, a three-time cancer survivor from Otisfield, Maine, told *The American Legion Magazine* in an interview last year. Laird is an Army veteran of a mission to clean up atomic waste on Enewetak Atoll in the late 1970s.

Because they did not serve at the site during actual nuclear testing in the 1940s and 1950s, Laird and about 6,000 other servicemembers who participated in the subsequent cleanup are ineligible to claim VA benefits for any suspicious illnesses that could be connected to that service. Considering that plutonium has a half-life of 24,000 years, it isn't unreasonable to assume that the area remained dangerous two decades after the Pacific island chain was blasted with the equivalent of 2,120 Hiroshima-sized explosions.

Delegates to last year's American Legion national convention in Cincinnati unanimously passed Res. 130, which calls for legislation to eliminate the radiation dose estimate requirement in claims for veterans exposed to ionizing radiation during their service. Thousands of photographs, video footage and firsthand accounts reveal that most Enewetak cleanup veterans did not wear protective gear during the often arduous labor under the tropical sun. An element commander admitted there weren't enough protective suits to go around. Many other vets say they simply did not understand the risk and that dosimetry film badges were of no use. In 2015, U.S. Rep. Mark Takai, D-Hawaii, estimated the cancer rate among this group was about 35 percent.

Takai championed legislation to address their health-care needs. An Iraq veteran of the Hawaii National Guard, Takai died from pancreatic cancer last year. But Congress has taken up his measure again. The Mark Takai Atomic Veterans Healthcare Parity Act, H.R. 632 and S. 283, would provide for treatment and service-connection presumption of certain disabilities for Enewetak cleanup veterans. Sponsored by Sen. Al Franken, D-Minn., and Rep. Grace Meng, D-N.Y., the bill had seven co-sponsors in the Senate and 85 in the House at presstime.

Meanwhile, Laird keeps battling ailment after ailment. "No one in VA wants to hear the word 'radiation,'" he says. "I have cysts on my retina, and when I asked if they could be caused by radiation, the response was, 'I know what you want me to say, but I just can't say it.'"

Surviving Enewetak cleanup veterans range in age from their late 50s to early 70s. Not all are sick, but hundreds are active on the group's Facebook page. The camaraderie and compassion shared by these veterans is not unlike what The American Legion's founders envisioned when they pledged to "sanctify our comradeship by our devotion to mutual helpfulness."

"While this legislation may not benefit me personally, we have quite a few brothers who have illnesses and cancers that will be covered," says Gary Pulis, an Enewetak cleanup veteran living in Auburn, Ind. "I don't want to see another brother's family lose everything trying to treat an illness or cancer that should be service-connected."

Neither do we, Gary.

National Commander Charles E. Schmidt

MEMORANDA

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National Commander Charles E. Schmidt is raising funds for service officer training and the Temporary Financial Assistance program, which helps military and veteran families with minor children at home. There is still time to contribute to these worthy causes. Make a tax-deductible donation online at **www.legion.org/donate** or call **1-800-433-3318**.

BOYS NATION COVERAGE

American Legion Boys Nation runs July 21 to 29 in Arlington, Va. Follow elections, activities and other news online.

www.legion.org

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"Just got my shoes today and I'm amazed. I can actually walk without limping. I injured my ankle pretty badly 20 years ago and surgery was not an option. They gave me a flexible brace, which helped a little, but with your shoes I can now walk normally in comfort. Thanks for giving me my freedom back."

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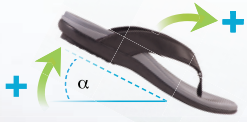

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"We do a lot of things for the community, and that really is the spark for us to go forward and continue serving."

Photo by Clay Lomneth

GARY CROWDEN

Gary Crowden is a believer in the importance of marksmanship and gun safety. He started in the Junior NRA program at 13, shot for Purdue University's rifle team and commanded an Army marksmanship unit in Germany.

"Marksmanship involves integrity, discipline, dedication – all character-building traits," Crowden says. That's why, as commander of American Legion Post 543 in St. James, N.C., he has prioritized the Junior Shooting Sports program.

Under Crowden's leadership, the team has placed second in the state in consecutive years. "I'm proud of the way these kids have come together," he says. "It gives them respect for the weapons, and it gives them respect for themselves. Those are the things I want to try to instill in these cadets."

His rural community appreciates the local Legion's leadership and financial support of a winning shooting team. But Post 543's footprint goes even deeper. Members render honors at military funerals, provide financial assistance for veterans at a nearby community college and participate in other Legion youth programs.

"It's your obligation to give something back to the community, and I think we do that," Crowden says. "I think we do it very well."

– Henry Howard

BRANCH OF SERVICE Army (1969-1990)

MILITARY JOB Infantry officer

RANK Lieutenant colonel

AWARDS Received the Nobel Peace Prize for his work with the U.N. Truce Supervision Organization in the 1970s, along with 297 officers from 17 countries

AMERICAN LEGION POST Richard H. Stewart Jr. Post 543, St. James, N.C.

YEARS IN THE LEGION 14

LEGION ACTIVITIES

- Post commander (2016-present)
- Post adjutant (2014-2016)

See an extended interview and video with Gary Crowden online:
www.legion.org/magazine

See an archive of past interviews:
www.legion.org/iamlegion

Advertisement

Steel of Approval

At $49, this blade of Damascus steel is a real steal

Damascus steel is legendary. Tales of its unmatched strength, sharpness and durability ring through the ages. There are stories of gun rifles being sliced in two by Damascus steel swords and individual strands of hair being sliced in half, even if they gently floated down on to the edge of the blade.

Now, you can be a part of the legend. The ***Legend Knife*** boasts nearly 4" of famed Damascus steel with it's signature, wavy pattern. Damascus steel blade knives can cost thousands. So, at **$49**, the price itself is almost legendary.

Cast Damascus steel, known as wootz, was popular in the East and it's an exacting process that's part metalwork, part chemistry. It's produced by melting pieces of iron and steel with charcoal in a low oxygen environment. During the process, the metals absorb carbon from the charcoal and the resulting alloy is cooled at a very slow rate. The outcome is a beautiful one-of-a-kind pattern of banding and mottling reminiscent of flowing water.

Once a lost art, we sought out a knifemaker who has resurrected the craftsmanship of Damascus steel to create the ***Legend Knife***. The genuine Damascus steel blade folds into a tri-colored pakkawood handle that's prepared to resist the ravages of the great outdoors. When not in use or on display, The ***Legend Knife*** stays protected in the included genuine leather sheath.

> ***"If you have a Damascus steel blade knife, you have a knife blade with unique beauty. With its historical reputation as the metal used for the best swords over hundreds of years, and its distinctive wavy design, Damascus steel is a beauty to behold."***
> — knifeart.com

With our limited edition ***Legend Knife*** you're getting the best blade money can buy. What you won't get is the inflated price tag. We know a thing or two about the hunt—like how to seek out and capture an outstanding, collector's-quality knife that won't cut into your bank account. Priced at an amazing $49, we can't guarantee this knife will stick around for long. So call today!

Your satisfaction is 100% guaranteed. Feel the knife in your hands, wear it on your hip, inspect the craftsmanship. If you don't feel like we cut you a fair deal, send it back within 60 days for a complete refund of the item price. But we believe that once you wrap your fingers around the ***Legend's*** handle and experience the beauty of its Damascus steel blade, you'll be ready to carve out your own legend.

What customers are saying about Stauer knives...

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"Good value. Great looking. Sufficiently sharp. Overall an "A" purchase and I ordered three."
— B. of Maryland

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Border adjustment tax on imports

SUPPORT

Rep. Kevin Brady, R-Texas

■ Brady is chairman of the House Ways and Means Committee.

OPPOSE

Rep. Ro Khanna, D-Calif.

■ Khanna is a member of the House Committee on Armed Services.

U.S. workers and businesses compete with one hand tied behind their backs. That's because the vast majority of our international competitors border-adjust their taxes, slapping a large import tax on "Made in America" products when they enter their countries and taking taxes off their own products when they are sold in the United States.

Because we don't do the same, American-made products lose twice – here at home and around the globe, in everything from steel to farm products to energy.

This global tax disadvantage chases U.S. jobs overseas. Whole communities end up devastated when plants close and move because our tax code encourages businesses to make their products anywhere but the United States.

There is a simple solution: equal taxation. House Republicans are proposing that all products consumed in the United States be taxed at the same low business rate of 20 percent, regardless of where those products are made. At the same time, we propose to end the "Made in America" tax on our exports so U.S. businesses and products can compete and win anywhere in the world.

With all products taxed at an equal rate in the United States, there will finally be a level playing field and true competition. Businesses will be forced to compete for consumers based on price, quality and service. Secondly, this will eliminate all tax incentives to move U.S. jobs overseas. By matching our competitors, we stop forcing U.S. companies to move operations to other countries.

Finally, and most importantly, when combined with other bold reforms to make our tax system more competitive, this will establish the United States as a 21st-century magnet for new jobs.

THE HEART OF THE ISSUE

Proponents say a border adjustment tax on imports would create a level playing field and encourage manufacturers to return to the United States. Critics say it would disrupt the market and result in higher prices for U.S. consumers.

Speaker Paul Ryan and House Republicans have made a strong push for a border adjustment tax, or BAT. As lawmakers, we need to keep in mind the real cost such legislation would have on American families.

The original proposal said it would impose a 20 percent tax on all imports. The increased price tag would apply to everyday purchases like gas, food, cellphones and clothing – all of which would be an additional cost to the consumer. This anti-free-market policy appears to be a solution to the leadership budget problem of how to cut taxes for the wealthy and build an expensive border wall without increasing the national debt. But it would leave working families to foot the bill.

The theory behind creating such a tax assumes that the increased costs would eventually be offset by a stronger dollar. Japan tried a similar plan a couple of decades ago, but the yen did not perform as expected.

Most economists agree that under this proposal it could take up to five years for the dollar to appreciate. In the meantime, working Americans would pay more for products they need amid stagnating wages and job loss due to automation, while top income earners would get a $1 trillion tax break.

To remain the global economic leader, the United States needs to be committed to providing stability, not disruption, in the market. There are alternative ways to promote manufacturing that do not involve a border adjustment tax: require U.S. companies to pay taxes on foreign earnings, have targeted penalties for dumping and crack down on currency manipulation. What we need is a thoughtful dialogue about tax reforms.

CONTACT YOUR ELECTED OFFICIALS

The Honorable *(name)*, U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable *(name)*, U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

AMERICA REMEMBERS PRESENTS

THE TET 50TH ANNIVERSARY TRIBUTE PISTOL

©AHL, Inc.

It was January, 1968. Over Christmas, Bob Hope, Raquel Welch and other entertainers were in Vietnam performing for the Christmas holiday — and a group of lucky troops were able to see the show live. Back at home, Americans were able to see highlights of the shows on television in January, ever mindful of all those who were serving in Vietnam.

With the start of the New Year, American troops were preparing for another year in Vietnam. Many longed to return home, and they counted down the days before their expected date to return home. The days were long and tedious and filled with uncertainty and danger.

In this faraway country, a major Vietnamese holiday was also approaching: Tet, the Vietnamese New Year. The Tet holiday was the most celebrated time in Vietnam, and a time when the fighting in Vietnam usually ceased for a short period. Many South Vietnamese soldiers were granted leave and joined family and friends for this special celebration.

Meanwhile, the North Vietnamese and Viet Cong had been planning for months a surprise attack on South Vietnam. The Communist forces would unleash a wave of attacks on South Vietnam while the South Vietnamese were celebrating their lunar New Year. With little warning, shortly after midnight, the sounds of combat exploded in Saigon and other locations.

The assault had started. The Tet Offensive was well-organized and conducted countrywide, eventually including more than 100 towns and cities. The Tet Offensive was by far the largest military operation conducted up to that point in the war, and it proved to be a pivotal turning point in the war.

HONORING ALL THOSE WHO SERVED

The 50th Anniversary of the Tet Offensive

In honor of the upcoming 50th anniversary of the Tet Offensive, and in salute to all who served during the Vietnam War, America Remembers proudly announces the **Tet 50th Anniversary Tribute Pistol**. For this historic Tribute, we selected a working Colt® Government Model® pistol in caliber .45 ACP, a classic military firearm, and a trusted sidearm during the Vietnam War. Only 1,000 Tributes will be issued in this exclusive edition. The artwork on the Tribute features banners and artwork highlighting important battles and scenes from the Tet Offensive. Craftsmen commissioned specifically for this project by America Remembers decorate each pistol in sparkling 24-karat gold and gleaming nickel, with blackened patinaed highlights to accentuate the details of the artwork.

On the slide, you'll find six important battles of the Tet Offensive – Hue, Khe Sanh, Saigon, Da Nang, Quang Tri and Bien Hoa. Saigon was the capital of South Vietnam and the surprise attacks on Saigon during the first night included an attempt to overrun the US Embassy and to capture the National Radio Station.

A Marine Corps Combat Base was located at Khe Sanh. The NVA had built up significant forces around Khe Sanh, far outnumbering Americans and South Vietnamese forces. During Tet, the NVA subjected the base to day and night bombardment, and cut off the overland supply route to the base. The base would remain under siege for more than two months.

Hue was a cultural center in South Vietnam. The fighting in Hue was intense, and lasted for four weeks. The Marines and South Vietnamese forces had to fight building to building, street by street, to reclaim the city. Much of the city was destroyed and losses on both sides were high.

Quang Tri City was in the north of Vietnam and an important government headquarters. It was an important target for the NVA. Bien Hoa and Da Nang were home to major military air bases for the United States. They were both attacked at the start of the Tet Offensive, but attacks were turned back by the allied forces.

EXCLUSIVE 50TH ANNIVERSARY TRIBUTE

Order today and we will arrange delivery of your working Tribute through the licensed firearms dealer of your choice. You will receive your Tribute with our 30-day guarantee of satisfaction. If you are not completely satisfied, return your Tribute to us in original, unfired condition for a complete refund.

Our nation's involvement in Vietnam spanned three decades. It's estimated that more than 2,500,000 Americans served in Vietnam. More than 58,000 lost their lives and another 350,000 were wounded. When the Tet attack started, America had over 400,000 soldiers and Marine servicemen in Vietnam.

This historic 50th anniversary Tribute honors the generation who served during the Vietnam War. They didn't hesitate to put their lives on the line and sacrifice when our country called. All of them deserve our gratitude. If you're a veteran who served, or you want to honor a family member or friend who served, this handsome Tribute pistol will be a lasting tribute to all who honorably served in Vietnam. Order yours today to secure your place in this edition honoring all those who proudly served in Vietnam.

The artwork on the Tribute features battles scenes from urban settings, like Saigon and Hue. You'll also see an image of the flag raising over the Thuong Tu Gate at the Citadel in Hue. When Hue was overrun by the Communist forces, they quickly replaced the South Vietnamese flag which flew at the Citadel with a huge Viet Cong banner. This banner could be seen throughout the city and was a daily reminder of the overthrow and occupation of this treasured Vietnamese city by the Viet Cong and the NVA. This scene shows a South Vietnam banner once again flying over the citadel after the city was reclaimed on February 24, 1968.

The artwork on the right side includes an M48 tank. The M48 "Patton tanks" helped provide cover and firepower in the urban setting, as our troops reclaimed the cities, street by street. Both sides of the slide also feature a banner that reads Tet Offensive January 1968, commemorating this pivotal period in the war. On both sides of the slide, you'll find crisscrossed M16 and M14 weapons used during the Tet Offensive, with the date 1968 *and* Tet Offensive *and* Lest We Forget *at the bottom.*

I wish to reserve ___ of the **"Tet 50th Anniversary Tribute Pistol"**, a working Colt .45 pistol, at the current issue price of $1,995.* My deposit of $195 per pistol is enclosed. I wish to pay the balance at the rate of $100 per month, no interest or carrying charges. Certificate of Authenticity included. Thirty day return privilege.

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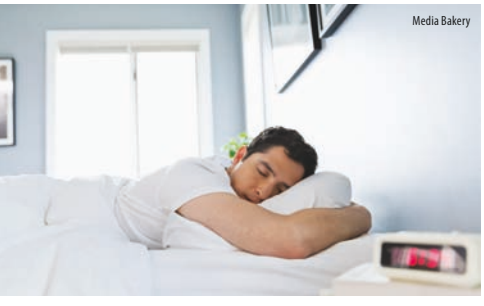
An optional custom-built, wooden display case is available for purchase.

You snooze, you ... win?

Are you and your family getting the right amount of sleep? Here are the recommended sleeping hours per night from the CDC, the American Academy of Sleep Medicine and the National Sleep Foundation.

- **Newborn (0 to 3 months)**
  14 to 17 hours per 24 hours
- **Infant (4 to 12 months)**
  12 to 16 hours per 24 hours
- **Toddler (1 to 2 years)**
  11 to 14 hours per 24 hours
- **Preschool (3 to 5 years)**
  10 to 13 hours per 24 hours
- **School age (6 to 12 years)**
  9 to 12 hours per 24 hours
- **Teen (13 to 18 years)**
  8 to 10 hours per 24 hours
- **Adult 18 to 60 years**
  7 or more hours per night
- **Adult 61 to 64 years**
  7 to 9 hours per night
- **Adult 65 years and older**
  7 to 8 hours per night

Find out more about your optimum sleep levels and the importance of sleep at **cdc.gov/sleep**.


Media Bakery

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

Media Bakery

AIR SCARE

Early diagnosis can slow the progression of COPD.

BY BETH W. ORENSTEIN

More than 120,000 Americans die from chronic obstructive pulmonary disease (COPD) each year in the United States. Of the nation's top three causes of death – only heart disease and cancer outrank it – COPD is the only one that is increasing rather than decreasing in prevalence.

About 15 million adults in the United States report that a doctor has diagnosed them with COPD. "The actual prevalence may be much higher than that because many people don't undergo pulmonary function testing to establish a diagnosis," says Meilan Han, associate professor of internal medicine at the University of Michigan and a spokeswoman for the American Lung Association (ALA). The ALA says it could be as high as 24 million.

Unfortunately, many people don't talk to their doctors when they experience early signs and symptoms, such as shortness of breath, coughing, wheezing, excess mucus or phlegm. People often dismiss their symptoms as a part of normal aging, or may curtail activities so they are not short of breath. This behavior can contribute to a delay in diagnosis.

On the other hand, plenty can be done early to reduce symptoms, improve exercise tolerance and reduce the frequency of flare-ups often associated with the disease, Han says.

WHO GETS COPD? COPD goes by some other names, such as chronic bronchitis or emphysema. "Those are both a part of COPD," Han says. "Both fit under the umbrella."

COPD is an equal-opportunity disease in that it affects men and women alike. However, some doctors still view it as an "old man's disease." This holdover attitude may contribute to its being underdiagnosed in women, Han says. In fact, more U.S. women are hospitalized – and more die – from the disease every year.

People at high risk are those who smoke or used to smoke. Middle-aged and older adults are most likely to develop COPD, but lung function decline associated with smoking starts in early adulthood, Han says. Other risk

See **COPD** *on page* **17**

Your life story has been a real page-turner. Now see if you could turn the page on hep C and start your next chapter.

ZEPATIER is a once-a-day pill with the power to cure chronic hepatitis C (hep C) infection. ZEPATIER is a prescription medicine used to treat chronic (long-lasting) hep C genotypes 1 or 4 infection in adults. ZEPATIER may sometimes be given with another medicine called ribavirin.

In clinical studies, 94% to 97%* of patients with genotype 1 and 97% to 100%† of patients with genotype 4 chronic hep C infection were cured with once-daily ZEPATIER. Cure means the hep C virus is not detected in the blood when measured 3 months after treatment is completed.

Start writing your next chapter today. Talk with your health care provider about ZEPATIER.

*In studies of patients with genotype 1 chronic hep C infection, the percentages of patients cured after taking ZEPATIER were: 94% (90 of 96 patients); 94% (115 of 122 patients); 95% (273 of 288 patients); 95% (179 of 189 patients); 96% (76 of 79 patients); and 97% (93 of 96 patients).

†In studies of patients with genotype 4 chronic hep C infection, the percentages of patients cured after taking ZEPATIER were: 97% (64 of 66 patients) and 100% (8 of 8 patients).

Important safety information

Before starting treatment with ZEPATIER, your health care provider will do blood tests to check for hepatitis B virus infection. **If you have ever had hepatitis B virus infection, the hepatitis B virus could become active again during or after treatment of hep C virus infection with ZEPATIER.** This is called hepatitis B virus reactivation, and it may cause serious liver problems including liver failure and death. Your health care provider will monitor you if you are at risk for hepatitis B virus reactivation during treatment and after you stop taking ZEPATIER.

ZEPATIER is not for people with certain liver problems. Before taking ZEPATIER, tell your health care provider about all of your medical conditions, including if you have ever had hepatitis B virus infection or have liver problems other than hep C. Also tell your health care provider if you have ever taken any medicine for hep C, have HIV, have had or are waiting for a liver transplant, or are nursing, pregnant, or trying to get pregnant.

Tell your health care provider about all of the medicines you take. ZEPATIER may affect how other medicines work, and other medicines may affect how ZEPATIER works. Some medicines cannot be taken with ZEPATIER. Your health care provider can tell you if it is safe to take ZEPATIER with other medicines.

ZEPATIER may cause increases in your liver-related blood tests, which could be a sign of serious liver problems. Your health care provider will do blood tests to check your liver before and during treatment with ZEPATIER. Tell your health care provider right away if you get any of the following symptoms or if they get worse during treatment with ZEPATIER: loss of appetite, nausea and vomiting, feeling tired or weak, yellowing of your skin or eyes, or color changes in your stool.

If you take ZEPATIER with ribavirin, be sure you read the Medication Guide for ribavirin. Common side effects of ZEPATIER include feeling tired, headache, and nausea. When ZEPATIER is used with ribavirin, common side effects also include low red blood cell counts.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the adjacent Patient Information for ZEPATIER, including information about the risk of the hepatitis B virus (HBV) becoming active again in patients who have ever had HBV infection, and discuss it with your doctor.

Merck Helps™ | Having trouble paying for your Merck medicine? Merck may be able to help. **www.merckhelps.com**

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zepatier.com

MERCK

Patient Information
ZEPATIER® (ZEP-ah-teer) (elbasvir and grazoprevir) tablets

ZEPATIER®
(elbasvir and grazoprevir)
50 mg/100 mg tablets

What you need to know about ZEPATIER
- Before you take this medicine, be sure you understand what it is for and how to take it safely.
- Keep this information.
- If you have questions about this medicine, ask your healthcare provider or pharmacist.
- Every time you get a refill, look at the Patient Information. There may be new information.
- Your healthcare provider may prescribe ZEPATIER with a medicine called ribavirin. Ribavirin is also known as Rebetol®, Copegus®, Ribasphere®, and Moderiba®. **If you take ZEPATIER and ribavirin, be sure you read the Medication Guide for ribavirin.**

What is the most important information I should know about ZEPATIER?

ZEPATIER can cause serious side effects, including,
Hepatitis B virus reactivation: Before starting treatment with ZEPATIER, your healthcare provider will do blood tests to check for hepatitis B virus infection. If you have ever had hepatitis B virus infection, the hepatitis B virus could become active again during or after treatment of hepatitis C virus infection with ZEPATIER. Hepatitis B virus becoming active again (called reactivation) may cause serious liver problems including liver failure and death. Your healthcare provider will monitor you if you are at risk for hepatitis B virus reactivation during treatment and after you stop taking ZEPATIER.

For more information about side effects, see the section "What are the possible side effects of ZEPATIER?"

What is ZEPATIER®?

ZEPATIER is a prescription medicine used with or without ribavirin to treat chronic (long-lasting) hepatitis C virus (HCV) genotypes 1 or 4 infection in adults.

It is not known if ZEPATIER is safe or effective in children under 18 years old, people awaiting a liver transplant, or people who have had a liver transplant.

Who should not take ZEPATIER?

Do not take ZEPATIER if you have certain liver problems.

What should I tell my healthcare provider before taking ZEPATIER?

Before taking ZEPATIER, tell your healthcare provider about all your medical conditions, including if you:
- have ever had hepatitis B virus infection
- have liver problems other than hepatitis C
- have ever taken any medicine for hepatitis C
- have HIV
- have had or are waiting for a liver transplant
- are pregnant or trying to get pregnant. ZEPATIER has not been studied in pregnant women. We do not know if ZEPATIER will harm your baby while you are pregnant.
  - **Males and females who take ZEPATIER and ribavirin should also read the ribavirin Medication Guide for important pregnancy, contraception, and infertility information.**
- are breastfeeding or plan to breastfeed. We do not know if ZEPATIER gets in your breast milk and gets passed to your baby.
  - **Talk to your healthcare provider about the best way to feed your baby during treatment with ZEPATIER.**

Are you taking other medicines?

Tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZEPATIER may affect the way other medicines work, and other medicines may affect how ZEPATIER works. Some medicines cannot be taken with ZEPATIER. Your healthcare provider can tell you if it is safe to take ZEPATIER with other medicines.
- Know the medicines you take. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.
- You can ask your healthcare provider or pharmacist for a list of medicines that interact with this medicine.
- **Do not start taking a new medicine without telling your healthcare provider.**

How do I take ZEPATIER?

- **Take 1 ZEPATIER tablet at the same time every day.**
- ZEPATIER comes in a blister package of individually-packaged tablets. Keep the tablets in this package until you are ready to take your dose.
- Take ZEPATIER exactly as your healthcare provider tells you to take it.
- Take ZEPATIER with or without food.
- Do not stop taking ZEPATIER without first talking with your healthcare provider.
- If you take more than your prescribed dose, call your healthcare provider right away.

What if I forget to take ZEPATIER?

- Do not take two doses of ZEPATIER at the same time to make up for a missed dose.
- If you are not sure what to do, call your healthcare provider or pharmacist. It is important that you do not miss or skip doses of ZEPATIER during treatment.

What are the possible side effects of ZEPATIER?

ZEPATIER can cause serious side effects, including:
Hepatitis B virus reactivation. See "What is the most important information I should know about ZEPATIER?"

Signs of liver problems. ZEPATIER may cause increases in your liver-related blood tests. This could be a sign of serious liver problems. Your healthcare provider will do blood tests to check your liver before and during treatment with ZEPATIER. Tell your healthcare provider right away if you get any of the following symptoms or if they get worse during treatment with ZEPATIER:
- loss of appetite
- nausea and vomiting
- feeling tired or weak
- yellowing of your skin or eyes
- color changes in your stool

Common side effects of ZEPATIER when used without ribavirin include:
- feeling tired
- headache
- nausea
- trouble sleeping
- diarrhea

Common side effects of ZEPATIER when used with ribavirin include:
- low red blood cell counts (anemia)
- headache
- feeling tired
- shortness of breath
- rash or itching
- feeling irritable
- stomach pain
- depression
- joint pain

If you have any side effect that bothers you or that does not go away, tell your healthcare provider.
There may be other side effects to ZEPATIER that are not listed.
Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. For more information or medical advice, call your doctor.

Where should I keep ZEPATIER?

- Keep ZEPATIER in its original packaging (blister package) until you are ready to take it. Do not take the tablets out of the original blister package to store in another container such as a pill box. This is important because the tablets are sensitive to moisture. The package is designed to protect them.
- Keep ZEPATIER at room temperature.
- Keep ZEPATIER and all medicines out of the reach of children.

General information about ZEPATIER

- Medicines are sometimes prescribed for purposes other than those listed in the patient information. Do not use ZEPATIER for a condition for which it was not prescribed. Do not give ZEPATIER to other people, even if they have the same condition. It may harm them.
- If you would like more information, talk with your healthcare provider or pharmacist. You can ask them for information about ZEPATIER that was written for health professionals.
- For more information, call Merck, the company that makes ZEPATIER, at 1-877-888-4231 or go to www.ZEPATIER.com.

What are the ingredients in ZEPATIER?

The active ingredients are: elbasvir and grazoprevir.

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CAUGHT in the web

Young adults who spend excessive time using the Internet and social media are more likely to suffer from anxiety, inattention, depression, impulsiveness and ADHD, *Tech Times* reports, citing research conducted by McMaster University in Ontario, Canada.

Researchers used the Internet Addiction Test (IAT), created in 1998, as a baseline for their study.

Students screening positive on the IAT had significantly more trouble dealing with their day-to-day activities, including life at home, at work, school and in social settings, said chief researcher Michael Van Ameringen. Those with a Web addiction "had problems with planning and time management," *HealthDay* adds.

More than 55 percent of the students found it difficult to control their practice of video streaming, while 47.9 percent couldn't stay away from using social media and 28.5 percent were obsessed with instant messaging tools. Perhaps most worrisome from a health standpoint, 42.1 percent of the surveyed students had mental health issues "due to excessive reliance on the Internet."

This has implications for diagnosis and treatment. "If you are trying to treat someone for an addiction when in fact they are anxious or depressed, you may be going down the wrong route," Van Ameringen said.

Warning signs of Internet addiction include "preoccupation with and prolonged use of the Internet, unsuccessful attempts to cut down Internet use, and using the technology to escape real-life problems and feelings of anxiety, hopelessness, depression and guilt."

COPD *continued from page* **14**

factors include those who have been exposed to lung irritants like industrial pollutants and secondhand smoke, according to the COPD Foundation. Nonsmokers can also get COPD, Han says.

"When you have COPD, you have a hard time breathing air out," Han says. Your airways narrow and the air sacs in your lungs are destroyed, leading to breathing difficulties.

COPD cannot be cured but can be treated, Han says. Stopping smoking is the most important thing patients can do to change the course of their disease, Han says. If you need help quitting, your doctor may suggest smoking cessation programs as well as gum, patches or medications. The ALA also offers online resources.

TREATMENT OPTIONS When you have COPD, your doctor may prescribe medications. Depending on the severity of symptoms, you may be given bronchodilators, which will relax the muscles around your airways and make it easier to breathe. Short-acting bronchodilators last about four to six hours and are used on an as-needed basis. Long-acting bronchodilators last 12 to 24 hours.

If your COPD is severe or you have frequent exacerbations, your doctor might suggest inhaled steroids. Inhaled steroids are not usually prescribed alone in COPD but in combination with bronchodilators, Han says.

Pulmonary rehabilitation, a program of prescribed exercises, can also help you cope with COPD, along with nutritional and psychological counseling. Your doctor can refer you to a pulmonary rehab program near you.

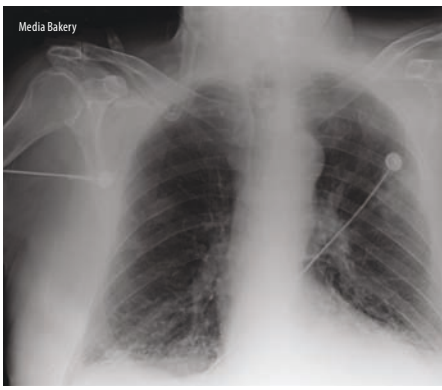
Some people with severe COPD may need oxygen to breathe better. You and your doctor will determine if you need oxygen for rest, exercise and/or sleep, and how much in liters per minute you need for each activity. You and your doctor will also determine how many hours a day you require oxygen.

Surgery is usually a last resort, reserved only for those with severe COPD, Han says. Surgical options include a lung transplant or lung volume reduction surgery, in which part of the lung is removed to make room for the rest of it to work better.

If you have COPD, it's important you get vaccinated for the flu and pneumonia.

GET TESTED If you're short of breath for any reason, you should talk to your doctor about a spirometry test. Spirometry is a simple, non-invasive test that measures how fast you can blow into the mouthpiece of a machine known as a spirometer. Depending on the results, you may need additional testing to determine if you have COPD or another lung disorder.

"The most important thing is to not ignore symptoms and to discuss them with your doctor," Han says.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Beth W. Orenstein is a freelance medical writer living in Northampton, Pa.

See You in San Diego

Downtown San Diego and Harbor Island Photo courtesy Joanne Dibona

Here's the scoop on what to see in and around California's second-largest city.

BY LYN METTLER

San Diego is an outdoor lover's dream, with its average temperature of 72 degrees, 70 miles of Pacific coastline, and landscapes ranging from desert canyons to mountains and lakes. Whether you're looking for sunny skies, a relaxing day at the beach or outdoor activities, you can't go wrong in San Diego. A family-friendly vacation spot, the city has a wealth of theme parks and museums. San Diego County is also home to several Navy and Marine bases, including Naval Amphibious Base Coronado, where SEALs train.

MILITARY HISTORY San Diego is a great place to learn U.S. military history – land, air and sea. Visit the USS *Midway* Museum in San Diego Bay, the area's most popular family attraction and the longest-serving aircraft carrier of the 20th century, to learn about military life on a city-sized vessel, hear pilot conversations from Desert Storm and enjoy panoramic views of downtown San Diego.

The San Diego Air & Space Museum has a collection of classic military aircraft, and the Flying Leatherneck Aviation Museum is the nation's only museum devoted to Marine Corps aviation. At Liberty Station, you can see where more than a million military personnel were trained going back to the 1920s, and view classic aircraft at Air Group One, the San Diego squadron of the Commemorative Air Force. Its World War II museum and hangar in El Cajon has a 1943 SNJ-5 Texan L-3 called "Sassy" on display, and a 1943 L-5 Sentinel called "Betsy" in restoration.

Several of these attractions are free to the public, while others offer free admission to active military and discounts to veterans.

The San Diego area has a number of military monuments, too, including the Mount Soledad Veterans Memorial in La Jolla. High above the city, it has a famous 43-foot cross and sweeping views of the coast and mountains.

An estimated 22 million Americans expect to take a culinary-focused vacation in the next 12 months, according to a recent AAA survey. Such trips include touring wineries and distilleries, eating with local families and taking cooking classes led by local chefs.

Planning to visit a national park this summer? To avoid the crowds, arrive early in the morning, avoid the most popular hikes and look for backcountry options that offer the same landscapes but fewer tourists.

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THEME PARKS There are more theme parks in the San Diego region than a person can visit in one trip. In Carlsbad, a 40-minute drive north, brick lovers can get their fill at LEGOLAND California. In town, the famous San Diego Zoo has 4,000 animals and the largest U.S. population of giant pandas. There's also SeaWorld San Diego, where you can dine with Shamu, ride roller coasters and go behind the scenes of the park's wildlife rescue program.

The Southern California CityPASS offers discounts of $150 per person if you plan to visit multiple theme parks in one trip, and also includes a three-day ticket to Disneyland and Disney California Adventure in Anaheim. The Go San Diego Card is another multi-attraction pass that gives you more than half off standard ticket prices, and allows you to customize your pass by attraction and skip long entry lines.

OUTDOORS You'll definitely want to spend time on the water when visiting San Diego, whether it's swimming at the beach on Coronado Island, surfing the breaks at Pacific Beach or kayaking through sea caves in La Jolla. Often called the "jewel of San Diego," La Jolla is known for its seaside cliffs and sea caves, including Sunny Jim Cave, California's only land-access sea cave, whose entrance is inside a local shop.

Boating is a fun way to explore San Diego, and a chance to see the city's key attractions from the water. Rent a boat on Coronado Island and motor through San Diego Bay, keeping an eye out for sea lions, the Midtown and Waterfront Park.

With coastal views at every turn, Torrey Pines State Reserve is north of the city and home to a newly renovated golf course. You might also try tandem hang gliding with an instructor at the Torrey Pines Gliderport, hiking local trails and – during the winter months – watching California gray whales migrate down the coast.

The Anza-Borrego Desert State Park is ideal for hiking, biking and horseback riding. Meanwhile, Cabrillo National Monument – San Diego's only national park – has one of the world's rarest habitats, with more than 200 species of birds.

Finally, don't miss Balboa Park, the nation's largest urban cultural park. It has 16 gardens, 15 museums and theaters, the zoo, and the Veterans Museum and Memorial Center. And in Old Town San Diego, visitors can learn how the city began, seeing structures from settlements dating to the 1800s.

Lyn Mettler is a freelance travel writer who blogs at ***GotoTravelGal.com****.*

Big Bay Boom, San Diego Photo courtesy John Bahu

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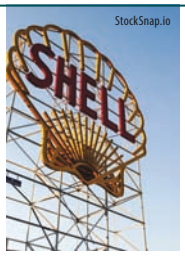
washington.org/topics/fourth-july

■ **Boston Pops Fireworks Spectacular**
Enjoy performances by Andy Grammer, Melissa Etheridge and the Boston Pops at 8:30 p.m. July 3 and 4, followed by fireworks at 10:30 p.m. July 4. The shows are on the Esplanade next to the Charles River.
www.bostonpopsjuly4th.org

■ **Wawa Welcome America Festival, Philadelphia** Billed as America's best party, this festival runs June 29 to July 4 and has three nights of fireworks this year: 9:30 p.m. July 1 and 2 at Penn's Landing, and 10 p.m. July 4 over the Philadelphia Museum of Art.
www.welcomeamerica.com

■ **Big Bay Boom Fireworks, San Diego**
Starting at 9 p.m. July 4, four different barges in San Diego Bay will launch fireworks in the biggest display on the West Coast. Great viewing spots include Shelter Island, Harbor Island, North Embarcadero, South Embarcadero and the Coronado Ferry Landing. ***www.bigbayboom.com***



Members of the InterContinental Hotels Group (IHG) Rewards program can save at least 5 cents per gallon at participating Shell stations through a new partnership with Fuel Rewards. Visit **IHG.com/rewardsclub** to sign up.

If you're interested in military history, book a stay at Hilton New Orleans Riverside, which has an on-site historian to offer guests insight into the city's military history and provide curated lists of local attractions, such as the National World War II Museum. The hotel offers discounted military rates.

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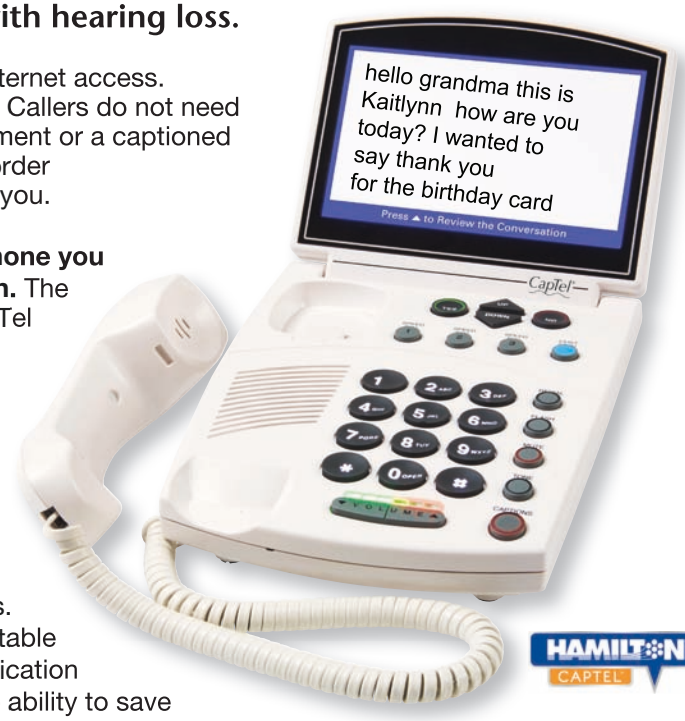
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81135

Congress set to reform VA appeals process

BY TOM PHILPOTT

The House and Senate, the Department of Veterans Affairs and veterans service organizations have finally agreed on long-sought legislation to reform the antiquated and severely backlogged appeals process for veterans' disability claims.

Passage of the Veterans Appeals Improvement and Modernization Act is expected by late summer to speed VA claim appeals and shrink the backlog by creating three "lanes" for appealing decisions. The intent is to give veterans options for appeal that are better suited to individual circumstances.

A new "Local Higher-Level Review Lane" would allow an adjudicator to review the same evidence considered by the original claims processor, to at least reassure veterans about original decisions.

In a "New Evidence Lane," veterans can present new evidence for review and also have a hearing. A third appeal path would be the longer "Board Lane," where jurisdiction is immediately transferred to the Board of Veterans' Appeals (BVA).

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One critical change The American Legion and other advocacy groups insisted on is "effective date protection," so veterans don't risk losing original claim decision dates if slow to bring forth new evidence or to appeal VA claim denials to the Court of Appeals for Veterans Claims. That punitive result of the current process angers many veterans and inspired the new bill to widen certain time-to-appeal windows.

Another key part of the bipartisan effort to modernize appeals is VA's agreement to improve original claim decision notices so they more clearly inform veterans and advocates of the reasoning behind original decisions. This will help them determine whether to file an appeal and the best lane to take, reducing unnecessary appeals.

Details of this year's bill were worked out in advance between the veterans affairs committees, VA officials and veterans service groups. The near-identical bills, H.R. 2288 and S. 1024, were introduced the first week of May.

Every member of the House Veterans Affairs Committee co-sponsored the bill to underscore its bipartisanship. VA officials cautioned that speedy enactment won't trigger immediate relief, however. VA said it would need at least 18 months to begin implementing reforms.

Reform can't come too soon for exasperated veterans who have seen claim appeals turn into heartbreaking slogs. The average wait for final decisions is five years, with even longer delays projected for every year Congress fails to act.

By April, claim appeals pending at the Veterans Benefits Administration and the BVA reached 470,000 – a 28 percent increase since January 2015, said Rep. Phil Roe, R-Tenn., House committee chairman. The system is "slow, cumbersome and doesn't serve veterans very well," he said.

The bipartisan bill would shorten the average wait time for final appeal decisions from five years to 125 days, said Sen. Richard Blumenthal, D-Conn., ranking Democrat on the Senate VA committee. He is an original co-sponsor of the Senate bill with committee chairman Sen. Johnny Isakson, R-Ga.

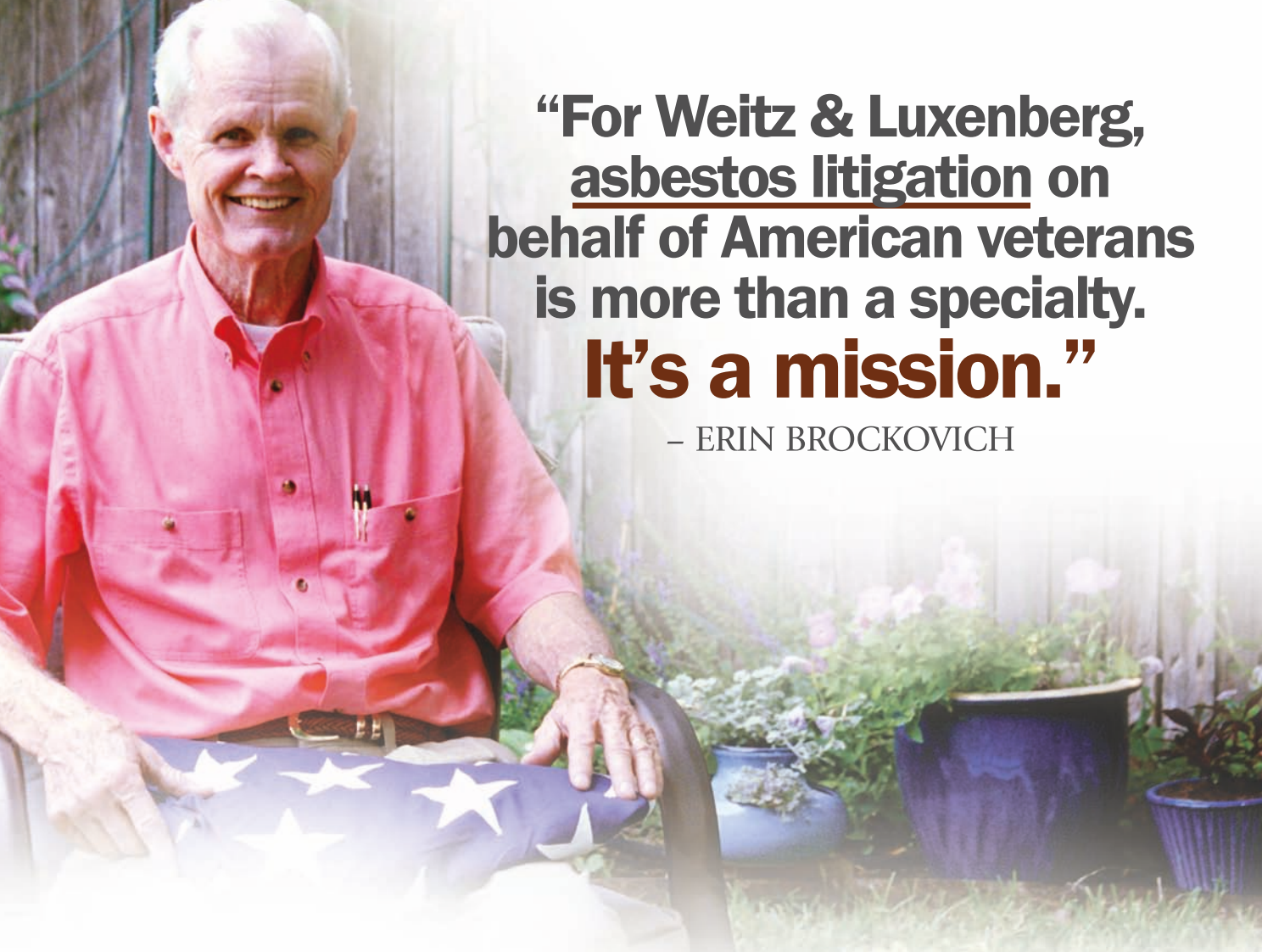
Rep. Mike Bost, R-Ill., chairman of the House Subcommittee on Disability Assistance and Memorial Affairs, introduced the House bill. He predicts it will be on the president's desk this summer. He credited continuous communication between House and Senate committees, veterans groups and VA officials.

One remaining worry was that the bill not be bundled with less popular initiatives to enhance their prospects of passage, a maneuver that killed it last year.

"When something this good is agreed to by so many, you'd hate to see other things put on it that might make it controversial," Bost said.

Louis Celli, director of The American Legion's Veterans Affairs & Rehabilitation Division, said the bill is not perfect and takes "calculated risks" to modernize the process. But the Legion and other major veterans groups support the proposed reforms, in part because VA will be given tools and flexibility to respond as problems arise and veterans share feedback on their lanes for appeal.

Tom Philpott has been covering military personnel and veterans issues for nearly 40 years.



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Home of the Brave

During the Great War, Fort McHenry became the nation's largest Army hospital, influencing the future of U.S. medicine and playing a role in the creation of VA.

BY KEN OLSEN

The maxillofacial department at Army General Hospital No. 2 treated hundreds of returning soldiers for facial injuries, often relying on casts and appliances made by dentists.

Photo courtesy Walter Reed National Military Medical Center

On a winter evening in 1917, a young Baltimore physician was detained at gunpoint as he attempted to cross the grounds at Fort McHenry.

Dr. M.B. Levin had previously been turned away when he tried to volunteer for overseas duty, and perhaps thought his attempt to join the war to end all wars would again be thwarted. Once the guard realized Levin was a doctor, however, he took him to meet the adjutant of the hospital the Army was rushing to build among the remnants of the Revolutionary War-era fort.

By the time Levin was transferred to another military installation two years later, U.S. Army General Hospital No. 2 consumed every available inch of bare ground at Fort McHenry, a maze of more than 100 buildings filled with all manner of wounded from the Western Front. It was the largest Army hospital in the nation – more than 32,000 patients underwent 119,000 surgeries here – and moved significant surgical advances from academia into everyday use.

"It had a profound effect on the way medicine was practiced in the United States," says Dale C. Smith, professor of military medicine and history at the Uniformed Services University in Bethesda, Md.

Fort McHenry also pioneered vocational rehabilitation aimed at ensuring injured veterans found meaningful work after leaving the military. And by the time it closed, General Hospital No. 2 had laid the groundwork for the creation of a nationwide health-care system for former servicemembers we now know as VA.

STAR-SPANGLED BEGINNING Fort McHenry's greatest attribute has always been its strategic location. It guarded the southern entrance to Baltimore Harbor almost from the moment American colonists realized they were going to war with King George III. The initial fortifications were built in 1776 and named Fort Whetstone because it was located on Whetstone Point. A subsequent fort built on the site was named for James McHenry, secretary of war to both George Washington and John Adams. It took part in some of America's most historic events, enduring the British bombardment that inspired Francis Scott Key to pen "The Star-Spangled Banner" during the War of 1812, and serving as a Civil War detention center for Confederate soldiers and sympathizers. The latter included Frank Key Howard, grandson of the author of the national anthem.

Ten days before Austrian Archduke Franz Ferdinand was assassinated in June 1914 – triggering the Great War – the city of Baltimore leased the fort from the federal government and turned the grounds into a taboo-smashing co-ed park and swimming beach.

Despite this rich history, World War I was Fort McHenry's most active period of military service, says Paul Plamann, who has worked as a ranger at Fort McHenry National Monument and Historic Shrine since he left the Army in 1967. The federal government revoked Baltimore's lease on Fort McHenry after the United States entered the war. The park was closed in July, and in September the War Department issued plans to build a new hospital among the historic military buildings that had occupied the peninsula for nearly 150 years.

Many of the new hospital buildings were under construction when Levin arrived to run the medical laboratory. So the lab – along with 50 hospital beds and X-ray and surgical facilities – were housed in an immigration center on the fort grounds.

The first trickle of overseas patients arrived in January 1918, then surged after the Battle of Château-Thierry that July. "The men had wounds of all

Three recuperating soldiers sit in wheelchairs outside a ward at Army General Hospital No. 2 at Fort McHenry in Baltimore.

Photo courtesy Fort McHenry National Monument and Historic Shrine

descriptions but the saddest were those who didn't bleed – the psych cases," Levin wrote in a 1974 retrospective for *The Baltimore Sun*.

Again, Fort McHenry's location was important. The new hospital was close to major ports and served by major railroads, making it an easy destination for wounded troops once they reached the United States.

General Hospital No. 2 also attracted top medical talent and quickly transformed from a receiving hospital – temporarily housing patients pending their transfer to another facility – into a history-making surgical center.

SPECIALIZED MEDICINE Soldiers who sustained the most significant facial wounds – one of the signature injuries of the Great War – went to Fort McHenry, Smith says. There, surgeons using an ancient Hindu skin-grafting technique teamed up with dentists who stood apart from most of their medical colleagues for their expertise in rebuilding body parts.

"Dentists were building appliances that attached to bone," Smith says. "For example, they knew how to make a cartilage bridge that would allow you to attach a new nose."

Dr. George Schaeffer, the hospital's chief of maxillofacial surgery, followed that model, teaming up with dentists to make medical history. "American maxillofacial surgery really got its start at General Hospital No. 2," Smith says.

The dentists did bone and cartilage work while surgeons like Schaeffer moved a flap of skin from the forehead or neck to an area on the soldier's face shattered by a bullet or shrapnel. Grafting options were limited at the time because the skin flap had to remain attached to the place from which it was taken – the neck, for example – until new blood vessels formed at transfer sites like the nose or chin.

"You were limited to (taking) skin from the forehead, cheek and neck," Smith says. "It was a technique developed by the ancient Hindus and known in Europe. But it's not what's known as cosmetic surgery."

Schaeffer went well beyond performing such surgeries. He also put together formal procedures for triaging facial wounds that were distributed to aid stations and field hospitals in France to improve the chances doctors could repair the damage once a wounded soldier reached a general hospital. That included advising front-line medical staff to immobilize the jaw but not try to repair anything, Smith says, or clean facial wounds without cutting away damaged tissue.

"This was hugely important," Smith says. "Schaeffer was more responsible for American plastic surgery advances than any other person."

LIFE IN COMMUNITY A thriving community developed at Fort McHenry as the hospital grew to 3,000 beds and the medical staff hit close to the 1,000 mark. Catholics, Jews and Protestants conducted separate worship services in the fort's historic chapel while Methodists met at a weekly "singing service." A baseball team formed. The leather shop made thousands of pairs of shoes for patients. The patients made plaster-of-Paris bandages used in the hospital.

Baltimore residents turned out in droves to work as nurse's aides, help with recreational activities and social events and perform other tasks as needed. The Salvation Army and YMCA also had a significant presence. All told, volunteers probably outnumbered the permanent staff, Smith says.

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General Hospital No. 2 had its own newspaper – *The Trouble Buster* – produced and printed by patients. *The Trouble Buster* reported on the arrival and departure of key medical staff, noted the death of the first Great War soldier married in the Fort McHenry chapel, and chronicled the Spanish flu epidemic that ravaged the hospital in ways the medical staff would never forget.

"The fall and winter became even more of a nightmare," Levin later wrote of his second year at the hospital. "For weeks, the epidemic took the lives of eight or 10 men every day. It was so devastating that many died within 18 hours after showing the first symptoms."

Disabled soldiers at General Hospital No. 2 published and distributed their own periodical in a printing class under Maj. W.H. Henderson.

Photo courtesy Fort McHenry National Monument and Historic Shrine

Operating rooms were closed at the peak of the epidemic. Emergency surgeries were done in the patient wards. Antibiotics were not yet available to treat secondary infections that often accompanied the flu, so patients were treated with aspirin, quinine and sodium bicarbonate. The death rate was so high that at one point the chapel became the overflow morgue, Levin wrote.

The Trouble Buster also attempted to cool media hype about advances in facial reconstruction at General Hospital No. 2. "Newspapers have given a great deal of space to the maxillofacial work and it is regretted that so much has been printed (that) is so greatly overdrawn," according to a story in the April 26, 1919, issue. "The department does not aim to improve upon nature, but in a feeble way to attempt to restore lost parts of the face and correct defects due to injuries and deep scars which follow them – in a word to give the men faces as presentable as possible."

REHABILITATION CENTRAL General Hospital No. 2 also stood out for the quality of its orthopedic surgery. Once again, Fort McHenry's ability to attract top medical talent paid off.

"Charles Hoffman had been surgeon to the Western Maryland Railroad," Smith says. "So he had the skills in bone injury and breaks and crushes."

Outside the surgical suites, Fort McHenry made significant strides in occupational therapy and vocational rehabilitation, inventing its own programs and drawing on expertise from other hospitals. Patients took jewelry making from Walter Reed General Hospital and carpentry from Massachusetts General Hospital, Smith says. They learned knitting, metal work, upholstery, auto repair and bookkeeping.

The most notable vocational rehabilitation program was launched with telegraphy equipment borrowed from the Signal Corps, according to the 1983 book "Fort McHenry: Home of the Brave" by Norman G. Rukert.

"The telephone was brand-new and the telegraph was still the best way to get a message of importance across the country," Smith says. "This occupational aid gave you the possibility of getting a job." It was so successful that similar telegraphy schools were established at other military hospitals.

Patients and physicians alike returned to their hometowns after leaving Fort McHenry, showing the nation significant advances in medicine. General Hospital No. 2 passed into the hands of the U.S. Public Health Service and closed in 1923. The temporary hospital buildings were torn down and Fort McHenry was designated a national park in 1925, but remained under War Department control. It was turned over to the U.S. Park Service in 1933, and designated as a national monument and historic shrine six years later.

Although most physical traces of the hospital have vanished, its profound legacy endures. VA sent its earliest doctors there to train and took over the nursing school that was started after the Public Health Service took charge, Smith says. Ultimately, General Hospital No. 2 was an engine to pass the legislation to build the VA system.

"It was part of a social contract to return veterans to useful, productive social lives," Smith says. "We've done it with lots of people since World War I. General Hospital No. 2 helped redeem that promise."

Ken Olsen is a frequent contributor to The American Legion Magazine.

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— Don, January 2016

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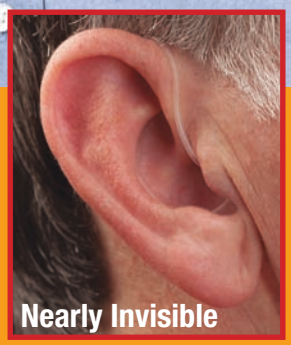

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RECRUIT ▪ RENEW
REVITALIZE

Carry the Legacy Forward by building membership

The American Legion Family's legacy of service, advocacy, patriotism and mentorship will continue to grow into its second century as long as membership increases as well. Now that a new membership year is upon us, help carry the legacy forward by renewing your membership, reminding others to renew, recruiting new members to the American Legion Family and, where appropriate, revitalizing or chartering new posts.

The application forms on the adjacent page are provided so you can sign up a new member, collect dues, and help us all grow together heading into our centennial celebration.

Photo by Colleen Harrison

Remember, it's also easy to renew and pay dues online at **www.legion.org/renew**.

Let's all work together now to grow membership for the future.

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Strong membership equals impact in our communities, states and nation.

750,000+
Number of veterans receiving American Legion claims assistance at any one time, all the time

170,000+
Number of young people who participate annually in American Legion youth programs

1,000+
Number of American Legion veteran career events annually provided

Think how much more we can do when there are more of us!

GET MORE MEMBERSHIP RESOURCES ONLINE
www.legion.org/membership

HOW TO USE THIS FORM

1. **TEAR OUT PAGE 31** and take it with you wherever you go. Keep it in your wallet, bag or car so it's ready when you need it.
2. **FIND AN ELIGIBLE MEMBER** Look for clues like flags, hats or car decals that might identify a veteran, introduce yourself and ask them to join us.
3. **SIGN THEM UP** Fill out the membership form, collect dues appropriate to your post, squadron or unit, and deliver it to your membership officer.

I SIGNED SOMEONE UP – NOW WHAT?

KEEP THEM ACTIVE – Invite them to meetings and events, let them participate, and get them engaged with a program or activity that interests them.

KEEP RECRUITING – Make copies of this form, or get more forms from your membership officer, and keep going. When you sign up three members, you'll get a special pin from the national commander.

THE AMERICAN LEGION – MEMBERSHIP APPLICATION

Name _____
First Initial Last Phone

Address _____
Street City State ZIP

_____
Membership ID# former member Email Post # Date

Please check appropriate eligibility dates and branch of service below:

❑ Gulf War/War on Terrorism *(8/2/90 until cessation of hostilities)*
❑ Panama *(12/20/89-1/31/90)*
❑ Lebanon/Grenada *(8/24/82-7/31/84)*
❑ Vietnam *(2/28/61-5/7/75)*
❑ Korea *(6/25/50-1/31/55)*
❑ WWII *(12/7/41-12/31/46)*

❑ U.S. Army
❑ U.S. Navy
❑ U.S. Air Force
❑ U.S. Marines
❑ U.S. Coast Guard
❑ Merchant Marines *(12/7/41-12/31/46 - only eligibility)*

I certify that I served at least one day of active military duty during the dates marked above and was honorably discharged or am still serving honorably.

Signed by applicant _____ Name of recruiter _____

If you are a new member, send this completed application with annual dues to The American Legion, Attn: Membership, P.O. Box 1055, Indianapolis, IN 46206 (check www.legion.org/join for dues amount), or take it to a local post. To locate a post near you, click on "Find a Post" at www.legion.org.

D17010

DUES RECEIPT
(please print)

_____
Date

_____
Received from

$_____ for 20_____ dues

_____
Recruiter's name

_____
Recruiter's signature

_____
Recruiter's phone #

SONS OF THE AMERICAN LEGION – MEMBERSHIP APPLICATION

Date_____

Detachment of _____ Squadron No. _____ Birth date _____

Name _____ Recruited by _____
First Initial Last Initial Last

Address _____
Street City State ZIP Phone

Veteran through whom eligibility is established _____

(a) Above is a member in good standing of Post No. _____ Department of _____

OR (b) Above is a deceased veteran who served honorably from _____ to _____

(c) Relationship of applicant to veteran _____

Has applicant previously been a member of the SAL? _____ Where? _____

I hereby subscribe to the Constitution of the Sons of The American Legion and apply for membership.

Email _____ Transmit $ _____ for 20 _____ annual membership dues

Signed by applicant *(or legal guardian if under 18)* _____ Eligibility certified by _____

Mail completed application to Sons of The American Legion department/state headquarters. Annual dues must accompany completed application. Ask local contact for amount due. For current detachment address, go to The American Legion department/state headquarters, or visit www.legion.org.

D17010

DUES RECEIPT
(please print)

_____
Date

_____
Received from

$_____ for 20_____ dues

_____
Squadron No.

_____
Department of

AMERICAN LEGION AUXILIARY – MEMBERSHIP APPLICATION

APPLICANT INFORMATION

_____
Name First Initial Last

_____
Address

_____
City State ZIP

_____
Home phone Cell phone

_____
Email Unit # and Location

_____ / _____ / _____ ❑ Birth - 17 ❑ 18 and older
Date of Birth *(Required)*

Have you been a member previously? ❑ Yes ❑ No

_____ / _____ / _____
Signature of applicant *(or legal guardian if under 18)* Date

Mail completed application to American Legion Auxiliary department/state headquarters.
Annual dues must accompany completed application. Ask local contact for amount due.
For current department address go to: **www.ALAforVeterans.org.**
Dues include a yearly non-refundable allocation of $3.40 for *American Legion Auxiliary* magazine.
Membership pending approval of application.

ELIGIBILITY INFORMATION

_____ ❑ Living ❑ Deceased
Eligible through / name of veteran *(if living, must be American Legion member)*

_____
American Legion member ID #

_____
Veteran's American Legion post name Post # City State

Veteran served: (check all that apply)

❑ WWI *(4/6/17-11/11/18)*
❑ Merchant Marines *(12/7/41-12/31/46)*
❑ Vietnam *(2/28/61-5/7/75)*
❑ Panama *(12/20/89-1/31/90)*
❑ WWII *(12/7/41-12/31/46)*
❑ Korea *(6/25/50-1/31/55)*
❑ Lebanon/Grenada *(8/24/82-7/31/84)*
❑ Gulf War/War on Terrorism *(8/2/90 until cessation of hostilities)*

Applicant's relationship to the veteran:

❑ Mother ❑ Wife ❑ Daughter ❑ Sister
❑ Grandmother ❑ Granddaughter ❑ Great-granddaughter ❑ Self

I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.

_____ / _____ / _____
Post adjutant/officer membership verification ALA 08/2016 Date

DUES RECEIPT
(please print)

_____
Date

_____
Received from

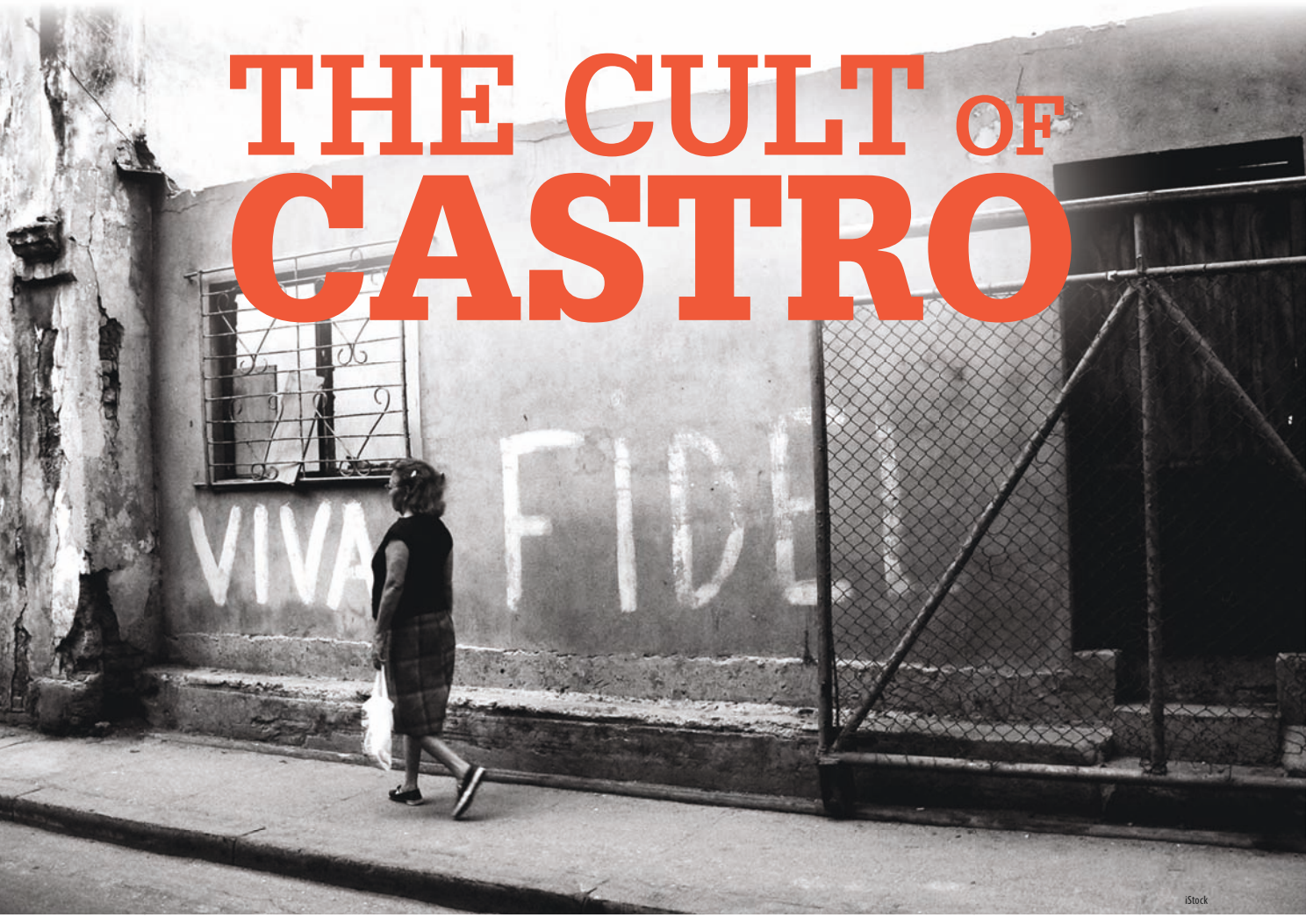
$_____ for 20_____ dues

_____
Recruiter's name

_____
Recruiter's signature

_____
Recruiter's phone #

THE CULT OF CASTRO



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Months after the Cuban strongman's death, the island nation shows no signs of abandoning communism.

BY ALAN W. DOWD

He outlasted 10 presidents. He defiantly and relentlessly stood up to Washington. He nearly pushed the superpowers to war. He fomented and supported revolutions from the Americas all the way to Africa. And despite – or perhaps because of – all this, he became an international celebrity, a larger-than-life icon, a darling of the left and all those who rightly thundered against the excesses of anti-communist dictators like Batista and Somoza and Pinochet, but never failed to rationalize or defend the brutal records of communist dictators like Fidel Castro.

Castro is gone, but his cult lives on.

VIOLENCE There's a lot to the history of U.S.-Cuba relations that predates Castro – too much to recap here. Suffice it to say that America's record in pre-Castro Cuba was mixed. On the plus side, the American people were appalled by Spain's brutal treatment of Cuba. So they intervened "to put a stop to intolerable conditions in Cuba," as Theodore Roosevelt explained, by helping the Cuban people stand up a constitutional democratic government. But it wasn't a fully sovereign government, which brings us to the minus side of the ledger. The Platt Amendment allowed and encouraged U.S. interference in Cuba's internal affairs, and that led to U.S. support for some unsavory regimes in Havana, including military strongman Fulgencio Batista, who was Cuba's kingmaker/king for some 30 years.

After winning power legally and then giving it up freely, Batista led a coup in 1952. For the next several years, he did all the things petty dictators do: suspended the constitution, used the police and army to control the opposition, imprisoned political opponents, censored the press and enriched himself.

In 1959, Castro and 9,000 guerrilla fighters took Havana, as Batista slipped away with $300 million into permanent exile. A year later, Castro nationalized U.S. businesses in Cuba. By 1961, he had officially aligned himself and his revolution with the Soviet Union. After that, he survived uncounted assassination attempts, an invasion by CIA-backed counterrevolutionaries, a Soviet missile buildup – and a U.S. response – that nearly turned Cuba into ground zero for World War III, the collapse of the Soviet empire (propping up Castro cost Moscow $12 million a day), and decades of economic, political and diplomatic isolation from the United States.

To get a sense of how single-minded Castro was in his hatred for the United States, it pays to recall that he proposed – in the words of Soviet leader Nikita Khrushchev – that "we be the first to carry out a nuclear strike against the enemy's (America's) territory."

Khrushchev's response: "Dear Comrade Fidel Castro, I find your proposal to be wrong." He reminded him of something the Cuban dictator hadn't considered or didn't much care about: "Cuba would have burned in the fires of war."

A month after the missile crisis, when the Soviets informed Castro that they had – unbeknownst to Washington – deployed tactical nuclear weapons on the island, his fuming reaction to the deal that defused the crisis convinced Moscow to remove all nuclear weaponry from Cuba.

Despite his disappointment with Khrushchev, Castro never stopped doing Moscow's bidding. Castro deployed 50,000 soldiers to Angola to support Soviet efforts there. He sent 10,000 troops to Ethiopia, thousands to Libya, Algeria and Mozambique, and specialized units to Saddam Hussein's Iraq and Soviet-occupied Afghanistan. More Cuban advisers and aid would flow into Nicaragua and Grenada.

COMPARISONS In a 1957 manifesto, Castro and his followers vowed "to put an end to a regime based on force (and) the violation of individual rights" – a "regime of terror and dictatorship." They called for "free elections, a democratic regime, a constitutional government ... a free, democratic and just Cuba."

In 1959, he promised to "solve the substantial social problems of all Cubans in a climate of liberty, of respect for individual rights, of freedom of the press and thought, of democracy, of liberty to elect their own government."

Yet when he took power, Castro banned political parties and the free press, suspended elections and, as historian Derek Leebaert recalls, ordered machine-gun executions of several thousand opponents "in what his lieutenant Antonio Jiménez termed 'the year of the firing squad.'"

The killings never ended. University of Hawaii political scientist R.J. Rummel estimated that Castro killed between 35,000 and 141,000 of his countrymen. So much for ending "a regime of terror and dictatorship."

However, Castro's actions as dictator came as no surprise to those who knew him as a young man. He was marked by "a violent personality" from the beginning, historian Paul Johnson details. At 20, he participated in an armed invasion and revolution in the Dominican Republic. At 21, he helped organize deadly riots in Colombia that claimed 3,000 lives. That same year, he was in a gun battle with Cuban police and accused of murdering the Minister of Sport, Johnson adds.

As for his promise of individual rights, liberty, and social and economic progress, a report produced by the International Labor Organization in 1957 – two years before Castro's revolution – noted, "The average wage for an eight-hour day in Cuba ... is higher than for workers in Belgium, Denmark, France and Germany."

"When Castro took power, GDP per capita for Cuba was some $2,067 a year," Tim Worstall of the Adam Smith Institute writes. That's about the same size as the per-capita GDPs of Ecuador, Jamaica and Panama in 1959. "By 1999," he points out, "Cuba had advanced hardly at all, to $2,307." That's a 1.1 percent increase – over 40 years. In the same time span, Ecuador saw a 92 percent increase in GDP, Jamaica a 44 percent increase and Panama a 141 percent increase.

The grim comparisons don't end there.

The Cuba Castro built ranks 178th out of 180 on the Heritage Foundation's economic freedom index, 163rd out of 179 on Heritage's property rights measurement and 132nd out of 192 on the World Bank's rule of law measurement. And Castro's Cuba is relegated to the "not free" category – among the least-free places on earth – on the Freedom House political-freedom index.

At election time, as Freedom House reports, voters are "asked to either support or reject a single PCC-approved (Partido Comunista de Cuba) candidate" for each seat in the National Assembly. The assembly then selects Cuba's leader, who has been named Castro for the past six decades.

As a sign of devotion to Castro, a young Cuban girl painted the late leader's name across her cheek for his memorial services in Havana. iStock

"All political organizing outside the PCC is illegal, and independent campaigning is not permitted," Freedom House explains. "Political dissent, whether spoken or written, is a punishable offense, and dissidents are systematically harassed, detained, physically assaulted and frequently sentenced to years of imprisonment."

When we compare Castro's Cuba to countries of a similar population size (Tunisia and Rwanda), or countries in the same region (Dominican Republic, Guatemala, Colombia and Chile), or post-authoritarian countries (Poland, Hungary, Taiwan and South Korea), we find that all have enjoyed stronger, more sustained per-capita GDP growth since 1970. Moreover, each and every one of these countries rates higher than Cuba on measures of economic freedom, property rights, the rule of law and political freedom.

Castro's defenders counter such inconvenient facts by pointing to social indicators like public health and literacy, as if nations have a binary choice between social progress and political, economic and individual freedom. To be sure, Cuba boasts a top-60 life expectancy and a top-10 literacy rate. Of course, Castro's hagiographers never report that pre-Castro Cuba had low infant-mortality rates and high literacy levels – or that Cuba's suicide rate tripled during his reign, as *The Miami Herald* has reported. Moreover, Georgia and Estonia can make the same boasts about literacy and life expectancy. Yet both have top-25 economic freedom rankings and high political freedom rankings.

In fact, empirical evidence shows that economic freedom promotes social progress. The Fraser Institute has found that higher levels of economic freedom correlate with higher levels of civil rights, less civil strife, less corruption, higher life expectancy and higher literacy rates. The Heritage Foundation reports that higher levels of economic freedom lead to more education opportunities, better health care and higher standards of living.

Indeed, those countries identified above vaulted past Castro's Cuba economically and politically, precisely because they embraced economic and political freedom, while Castro forced his people to live under his failed political-economic system.

Blaming the U.S. embargo for Cuba's woes is to engage in denial and projection. Castro's Cuba was free to trade with other countries, and other countries were free to invest in Cuba. But given Castro's record of nationalization and confiscation, most concluded that wouldn't be a very wise investment. And consider this: when Castro was asked in 2010 if his "Cuban model" was still worth exporting, the Cuban dictator was forced to admit that the Cuban model "doesn't even work for us anymore." In fact, it never did.

HABITS If he cared about his subjects more than his hold on power, Raúl Castro would have used his brother's passing in November to learn from

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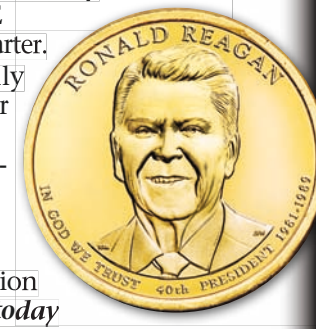

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the many post-authoritarian success stories that have replaced state control with free markets and free government – and then open Cuba to the world of opportunity that awaits beyond the prison yard of communism.

Unfortunately, there are no signs of real liberalization in Cuba. The sort of reforms needed to revive Cuba's politics and economy will not happen until Cuba is free from the albatross of communism. And that doesn't seem likely until Cuba is free from the cult of Castro.

We can hope for – and should even encourage – a peaceful revolution in Cuba akin to the Velvet Revolution that upended communism in Eastern Europe in 1989. But one searches in vain for a Cuban Havel or Walesa. And just as troubling, the Castro propaganda machine continues to deify itself. By 1989, even the true believers knew communism was dead in Eastern Europe. There was neither cult nor personality to live and die for by then. That doesn't seem to be the case in Cuba, where the darkness of Castro's shadow continues to fall.

More than a year after President Barack Obama's controversial decision to reopen diplomatic relations with Cuba and visit the imprisoned island, the Castro regime has not brought about internal reforms or improved external relations. For example, Cubans are still fleeing their homeland by the thousands. The Coast Guard reports that the number of Cubans interdicted in fiscal 2016 was the highest in a decade – and 60 percent higher than in fiscal 2015. They're not fleeing because things have gotten better. As Carlos Ponce of Freedom House reports, in the past decade there have been nearly 18,000 political detainees in Cuba. The regime ordered 6,200 arbitrary detentions in 2015 alone.

Even on its best behavior, the Castro regime can't help but show its true colors:

- Human Rights Watch reports that just before the reopening of the U.S. embassy in Havana, 90 people "were arrested and detained ... during a peaceful march against political repression."
- During Pope Francis' 2015 visit, police detained more than 100 dissidents to prevent them from meeting him.
- Hours before Obama's 2016 visit to Cuba, Castro's police and a regime rent-a-mob attacked a peaceful demonstration calling for the release of political prisoners.

Two days after Obama left, Castro's thugs rounded up pro-democracy demonstrators in Havana.

As for U.S.-Cuba relations, Obama promised that his trip to Cuba would "bury the last remnant of the Cold War in the Americas." Yet Russian warships are docking in Havana's harbor, and Cuba is allowing Moscow to reopen Soviet-era bases. In fact, last October – seven months after Obama's visit – Russian Defense Minister Sergei Shoigu announced that "talks are underway" with Cuba and other Latin American countries to expand Moscow's military presence in the region.

For Moscow and Havana, old habits die hard.

A year after taking power, Castro gave one of his marathon speeches and braggingly pointed to an old fortress in rural Cuba: "We have transformed it so that nobody will recognize it now."

Sadly, what was true of that fortress is true of the whole of Cuba. Fidel Castro turned his island nation into something unrecognizable from what it was – or what it could have been.

Alan W. Dowd is a senior fellow with the Sagamore Institute Center for America's Purpose.

CASTRO'S CUBA
A portrait of oppression

178th out of 180 on the Heritage Foundation's Economic Freedom Index

132nd out of 192 on the World Bank's Rule of Law Index

118th out of 182 according to the World Health Organization/UNICEF on access to clean drinking water

163rd out of 179 on the Heritage Foundation's property-rights measure

Not free/least free
ranking on the Freedom House Freedom in the World Index

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The annual charity motorcycle ride will cover nearly 1,400 miles across Kansas, Colorado and Utah before arriving at the national convention.

BY STEVE B. BROOKS

At one time a major cross-country conduit, U.S. Route 50 now goes by the title "The Loneliest Road in America" for a stretch through Nevada. But in August, that stretch will be filled with hundreds of American Legion Riders participating in the 12th annual American Legion Legacy Run.

The charity motorcycle ride, again sponsored by USAA, will depart Fort Dodge, Kan., on Aug. 12 and travel west to Reno, Nev. – site of the Legion's 99th National Convention. The route will take riders along Route 50 through Kansas, Colorado and Utah before winding up in Nevada. The run will cover nearly 1,400 miles.

"It's beautiful country, and it's going to be a very interesting ride," Legacy Run Chief Road Captain Bob Sussan says. "Unfortunately, there are not many big Legion posts along U.S. 50. So we've had to be a bit creative."

Rather than leaving from Indianapolis, which has been the starting point for 10 out of 11 Legacy Runs, this year's ride will leave from Fort Dodge. The Kansas Soldiers' Home, about five miles east of Dodge City, will host a hog roast for

riders on the evening of Aug. 11 and a morning breakfast to kick off the event.

There will be dinner stops at American Legion Post 2 in Pueblo, Colo., and American Legion Post 16 in Fallon, Nev., as well as multiple wreath-laying ceremonies along the way. There will also be at least two Operation Comfort Warriors donation presentations.

Riders still wanting to register online can do so until early August. Because there won't be any lunch stops at Legion posts, participants are encouraged to purchase lunches during registration; those who do not pre-purchase lunches will be expected to bring their own food each day and safely transport it.

To speed up organized fuel stops, pre-payment for fuel is mandatory on this year's ride. Pre-payment is based on a formula assuming that riders will fill up their motorcycles on their own each night and come to the morning rally with a full tank of gas.

The Legacy Run helps raise money for the American Legion Legacy Scholarship Fund, which provides college money for the children of U.S. military personnel killed on active duty on or after Sept. 11, 2001, as well as children of post-9/11 veterans with a combined VA disability rating of 50 percent or higher.

Last year's Legacy Run helped raise more than $1 million for the third straight year. In 11 years, the ride has helped raise more than $7 million.

www.legion.org/riders/legacyrun

OPERATION: MILITARY CUISINE

The first Mission BBQ opened in Glen Burnie, Md., in 2011. Photo courtesy Patrick Fultz, DM Creative Group

Service-themed restaurants draw crowds by honoring active-duty troops, veterans and first responders.

BY AUDREY T. HINGLEY

Military-themed restaurants are springing up across the United States, celebrating those who serve our country at home and abroad while giving back to their communities.

Whether locally owned ventures or chain operations like the fast-growing Mission BBQ, the food is important, but the philosophy is equally so.

As Mission BBQ co-founder Bill Kraus says, "It's love of barbecue, but even more so it's love of country and wanting to build something that has purpose and meaning."

Here's a look at a few U.S. restaurants serving up patriotism and tributes to heroes past and present.

BOMBER RESTAURANT, Ypsilanti, Mich.
Thirty minutes from Detroit, this former diner opened in 1936. It became the Bomber in the 1940s due to its close proximity to the Ford-run Willow Run Bomber Plant, which at its peak had 40,000 employees manufacturing one B-24 bomber per hour via Henry Ford's automotive-style assembly line. Women hired to work at the plant became known as "Rosie the Riveters," after employee Rose Monroe became an icon of wartime production.

Name variations followed over the years, and in 1986 the restaurant was renamed the Bomber. When Johanna McCoy and Vietnam War veteran John Sebestyen bought the business in 1995, there was "zero military theme," McCoy says. They wanted to change that.

"A guy came in and asked if we would like to display some of his model airplanes," McCoy says. "Today we have about 50 hanging from the ceiling, including some models from the Vietnam era and helicopters. Another customer found blueprints for the (Willow Run) bomber plant and donated them. We have them preserved under museum glass."

Next, people started bringing in photographs of loved ones for display.

"The restaurant is definitely a homage to the local

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Customer Rating

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27572702

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8750 PEAK/7000 RUNNING WATTS 13 HP (420 CC) GAS GENERATOR

- 76 dB Noise Level

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SAVE $270

$529.99 Compare ~~$599.99~~ $2700

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Wheel kit and battery sold separately.

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27576993

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SUPER COUPON

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SAVE 50%

Customer Rating

$19.99 ~~$29.99~~ Compare $39.99

ITEM 62314/63066/66383 shown

27580331

LIMIT 7 - Coupon valid through 10/16/17*

PORTLAND — SUPER COUPON

1750 PSI PRESSURE WASHER

NEW

- 1.3 GPM
- Adjustable spray nozzle
- 20 ft. high pressure hose

Customer Rating

$79.99 ~~$99.99~~

ITEM 63255/63254 shown

35649142

LIMIT 5 - Coupon valid through 10/16/17*

Haul Master — SUPER COUPON

TRIPLE BALL TRAILER HITCH

Customer Rating

SAVE 69%

$19.99 ~~$31.99~~ Compare $65.62

ITEM 61914

27584517

LIMIT 7 - Coupon valid through 10/16/17*

HaulMaster — SUPER COUPON

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$19.99 ~~$29.99~~ Compare $57.55

- 350 lb. capacity

ITEM 62515 66911 shown

27605148

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CENTECH — SUPER COUPON

12 VOLT, 10/2/50 AMP BATTERY CHARGER/ ENGINE STARTER

Customer Rating

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SAVE 57%

ITEM 60581/60653 shown

27643234

LIMIT 5 - Coupon valid through 10/16/17*

PITTSBURGH AUTOMOTIVE — SUPER COUPON

NEW

LOW-PROFILE CREEPER

Customer Rating

- 300 lb. capacity

40" 19"

$19.99 ~~$27.99~~ Compare $71.97

SAVE 72%

ITEM 63424 63371/63372 shown

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LIMIT 7 - Coupon valid through 10/16/17*

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27669200

LIMIT 4 - Coupon valid through 10/16/17*

WARRIOR — SUPER COUPON

29 PIECE TITANIUM DRILL BIT SET

SAVE 83%

Customer Rating

$9.99 ~~$16.99~~ Compare $59.98

ITEM 62281 61637 shown

27672570

LIMIT 9 - Coupon valid through 10/16/17*

PITTSBURGH AUTOMOTIVE — SUPER COUPON

1 TON CAPACITY FOLDABLE SHOP CRANE

Customer Rating

SAVE $169

$99.99 ~~$179.99~~ Compare $269

ITEM 69512 61858/69445 shown

27674907

LIMIT 4 - Coupon valid through 10/16/17*

SUPER COUPON

3 PIECE DECORATIVE SOLAR LED LIGHTS

$7.99

SAVE 35% Customer Rating ~~$9.99~~ Compare $12.42

ITEM 60561/69462 shown

27686992

LIMIT 8 - Coupon valid through 10/16/17*

HARDY — SUPER COUPON

MECHANIC'S GLOVES

Customer Rating

NEW

SAVE 60%

SIZE	ITEM
MED	62434/62426
LG	62433/62428
X-LG	62432/62429

YOUR CHOICE $3.99 Compare ~~$5.99~~ $9.98

Item 62429 shown

27687950

LIMIT 9 - Coupon valid through 10/16/17*

PORTLAND — SUPER COUPON

9.5", 7 AMP ELECTRIC POLESAW

5 ft. to 8 ft. 10"

Customer Rating

$64.99 ~~$84.99~~ Compare $92.84

SAVE 29%

ITEM 68862/63190/62896 shown

27694014

LIMIT 3 - Coupon valid through 10/16/17*

CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON

18 VOLT, 1/2" CORDLESS IMPACT WRENCH

- 330 ft. lbs. max. torque

Customer Rating

SAVE $199

$99.99 ~~$129.99~~ Compare $299

Battery and charger included.

ITEM 62658/60380 shown

27696859

LIMIT 4 - Coupon valid through 10/16/17*

CENTRAL MACHINERY — SUPER COUPON

20 TON SHOP PRESS

- Pair of Arbor Plates Included

Customer Rating

SAVE $220

$149.99 ~~$174.99~~ Compare $369.99

ITEM 32879/60603 shown

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LIMIT 3 - Coupon valid through 10/16/17*

CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON

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Customer Rating

SAVE $204

- Makes precision cross, bevel and miter cuts
- Powerful 15 amp motor
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The 57th Restaurant in Atlanta was built to resemble a bombed-out French farmhouse.
Photo courtesy JandD Images

plant, but more importantly it's about people," McCoy says. "One lady comes every Sunday. Her dad's World War II picture is on the wall, and she has breakfast with her dad every Sunday."

Once featured on a 2003 Food Network show about indulgent meals for its "Bomber Breakfast" (four eggs, two pounds of potatoes and up to 10 pieces of bacon), the Bomber's line is out the door on weekends. Retired and active military, police officers and firefighters receive discounted meals.

"They served us, so that's the least I can do," McCoy says. "We have 12 to 15 'Rosie the Riveters' living in our area, and in 2014 we did a 'Rosie the Riveter Day' with free roses for women. The 'Rosies' had so much fun they now come for monthly get-togethers. Their stories are amazing."

Sebestyen passed away in 2011, at 68. McCoy says she wasn't sure she could keep the Bomber going by herself, but with more than a dozen employees now, the restaurant is still going strong.

57th RESTAURANT, Atlanta Formerly known as Headquarters 57th Fighter Group Restaurant, this eating place near the DeKalb-Peachtree Airport has been around since 1981. It closed temporarily in 2006, but was purchased and reopened by Atlanta pilot Pat Epps in 2009.

"He felt it had history," says Suzi Hardy, restaurant manager. "It was built as a replica of a bombed-out French farmhouse, and it's a big restaurant. The main dining room can accommodate 200 people."

The 57th Pursuit Group was activated in 1941, and following the Pearl Harbor attack flew P-40 Warhawks in defense of the northeastern United States. The next year it was re-designated the 57th Fighter Group and began combat operations, seeing action in France and Italy.

Over the years, the restaurant's wall of windows has given diners up-close views of private planes and corporate jets taking off and landing. "We have no commercial flights (here), but we're the second-busiest airport in Georgia," Hardy says.

In the dining room, patrons don headsets to hear tower talk between pilots and air controllers. Winston Churchill's addresses are piped into restaurant bathrooms. As for the menu, Hardy describes it as "casual upscale," with a focus on fresh food. Signature dishes include beer cheese soup, salmon soufflé and the 57th Sandwich.

"We have a lot of 1940s memorabilia," Hardy says. "Most of the pictures were donated by family members of the 57th Fighter Group. We have a 'Wall of Heroes' in the lounge. Any veteran is welcome to sign it. We had to expand it for new signatures."

The runway views and atmosphere attract diners and aviation enthusiasts, while veterans enjoy the restaurant's history.

"About two years ago we had a 91-year-old local man (come in) who was in the 57th Fighter Group," Hardy says. "He found a picture of himself and said, 'It's me!' Veterans appreciate that we have not forgotten them."

VETERANS' CAFÈ & GRILL, Merrillville, Ind. Known for good food and its support of a good cause, Veterans' Café & Grill opened in May 2014 in the Chicago metropolitan area, about 20 minutes south of Gary, Ind.

The restaurant spun out of the nonprofit Veterans Life Changing Services (VLCS), founded by

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psychologist and disabled Vietnam War veteran Henry Hitchcock and his wife, Bessie, in 2009. VLCS provides transitional housing, job placement and mental health services to homeless veterans.

A caterer for nearly 30 years, Bessie worked with Marine Corps veteran Brian Cody to provide food for VLCS activities. With the help of VLCS program manager Lorese Wesley, veteran Margie Neuman and others, Veterans' Café & Grill was born. More than 10 percent of its profits are donated to VLCS.

Bessie and eight employees, many of them veterans, run the café. Veterans get free coffee and free breakfast every Veterans Day. Along with first responders, they also get discounted meals.

Veterans' Café & Grill has a menu of Southern-style food and is known for its patriotic décor and casual family dining experience.

"They (customers) always thank me for the work we're doing," says Bessie, 68. "One parent came in whose son was killed in Afghanistan. We named a burger after him, the Sgt. Leon Hart Burger. It's emotional to hear people's stories."

Until she partnered with her husband in VLCS, Bessie didn't realize how many veterans struggle with homelessness, she says. Originally from Selma, Ala., she participated in "Bloody Sunday," which galvanized public opinion and helped lead to the passage of the Voting Rights Act.

"Marching in Alabama helped me realize what freedom was, and I appreciate what veterans have done," she says. "I'm honored to do what we're doing to help stabilize them."

Chef manager and Army veteran Gary Smith, 31, is thrilled by the restaurant's reviews, saying, "We do work hard, and it makes me feel good. I pride myself on being a veteran ... being part of something like this lured me in."

Bessie says she'd like to see the business expand so it can hire more veterans. That thought helped inspire the café's motto: "Helping heroes with a hand up, not a handout."

MISSION BBQ A venture shared by two Maryland friends – Bill Kraus, a former marketing vice president at Under Armour, and Stephen Newton, a former Outback Steakhouse executive – Mission BBQ debuted on Sept. 11, 2011, in Glen Burnie, Md. Today the franchise has more than 50 restaurants in 12 states, with plans to have 100 locations by 2018.

But Mission BBQ is more than an American business success story, Kraus says. The restaurant chain makes it a priority to recognize U.S. servicemembers, veterans, firefighters, law enforcement officers and first responders. At every location, at noon, employees enthusiastically lead diners in singing "The Star-Spangled Banner."

"It warms my heart when I think of it," Kraus says. "We were on 'Fox & Friends' (in 2015) and they focused on the national anthem singing. We got a letter from a policeman who saw the show, determined that the closest Mission BBQ was 700 miles from his Indiana home, and he and his son drove a motorcycle to Roanoke, Va., just to have lunch and sing the anthem. Who would think the best two minutes of the day are when the cash registers aren't ringing?"

Outside each Mission BBQ are old military vehicles with barbecue smokers for parades and community events. The restaurants' walls are covered with photographs and memorabilia from local veterans and first responders. And as a lead-up to Armed Forces Day, Mission BBQ hosts military appreciation days for each service branch, inviting active-duty personnel and veterans in for free sandwiches. On Veterans Day, veterans receive complimentary sandwiches, and on Sept. 11, so do police, firefighters and first responders.

When a new location opens, Mission BBQ introduces itself via fundraisers for local military, police and fire charities. Hundreds of thousands of dollars have been donated to help wounded military members, the USO and other organizations.

"Everything we do is about feeding people and giving back," Kraus explains.

One of Kraus' sons, Andrew, served six years in the Marine Corps. Another attended the U.S. Naval Academy. As for Newton, the terror attacks of 9/11 made a deep impression on him. Together, the two friends wanted to turn their love of barbecue into a franchise that pays tribute to uniformed heroes.

Kraus is quick to praise employees (he calls them "teammates"), explaining, "I always say non-patriots need not apply. We like to find people who have this in their hearts."

At one Pennsylvania location, employee Dana Shearon left her job as a teacher's assistant to join Mission BBQ after her brother – Gennario "Jerry" Pellegrini Jr., a police officer serving in Iraq with a National Guard unit – was killed.

"We are seeing that in other locations, too," Kraus says. "It's amazing the number of our teammates who have friends or family members who are serving. Maybe it helps families heal in some small way. We think it's high time these folks are thanked."

Audrey T. Hingley is a freelance writer living in Virginia.

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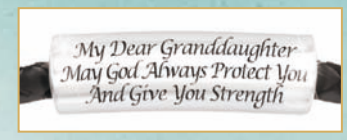
For Those You Love



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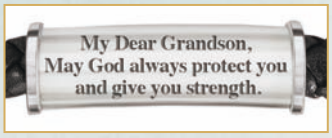

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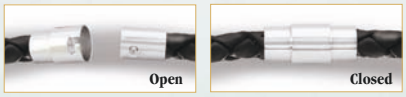

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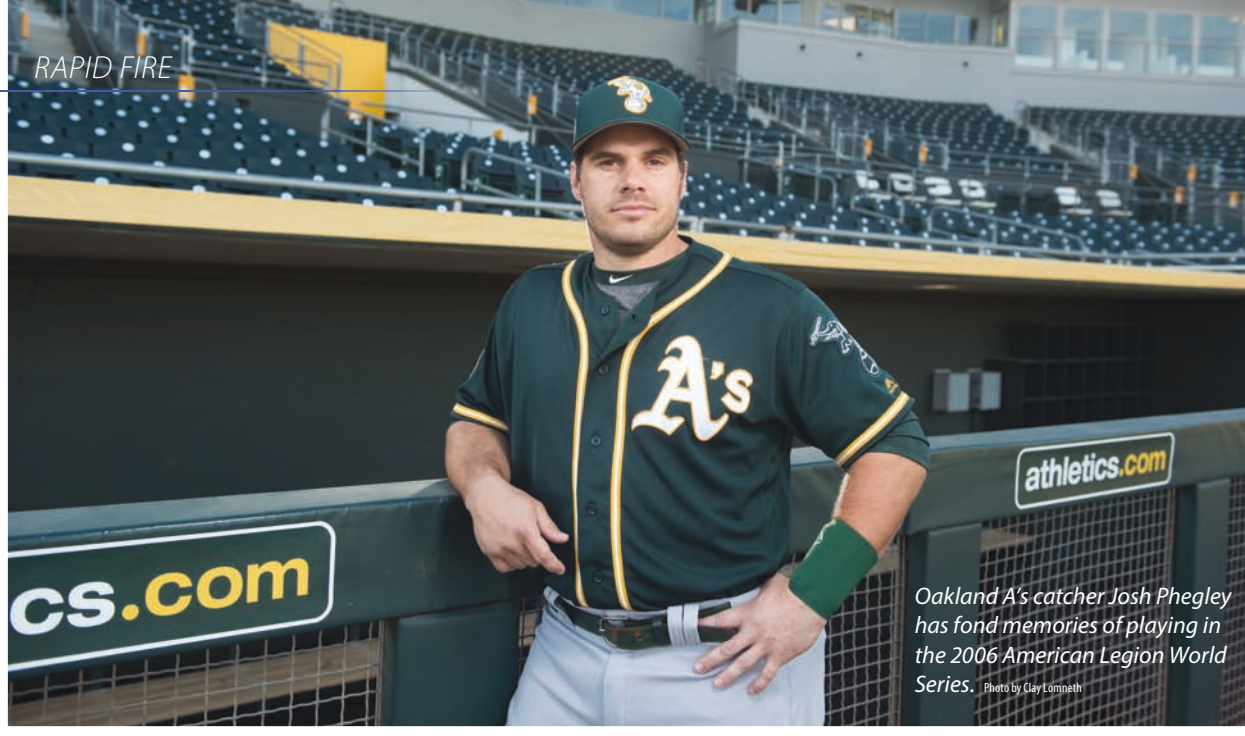


Oakland A's catcher Josh Phegley has fond memories of playing in the 2006 American Legion World Series. Photo by Clay Lomneth

AMERICAN LEGION BASEBALL

WHERE DREAMS COME TRUE

Players recall how the American Legion World Series was the most fun they had on the baseball diamond – and a stepping stone to the pros.

BY JEREMY FIELD

It's the dream of every aspiring baseball player: being surrounded by thousands of cheering fans, with thousands more watching on television, as your team takes the field in a championship game.

For those who participate in the American Legion World Series, that dream can become a reality while still in high school.

Every year in Shelby, N.C., eight Legion Baseball teams out of approximately 3,700 that participate nationally have the opportunity to play in front of sellout crowds, with many more watching on ESPNU, for a shot at the national title.

Decades ago, Rollie Fingers led his Upland, Calif., Post 73 team to the 1964 ALWS title, earning the George W. Rulon Player of the Year award before embarking on a Hall of Fame career, primarily with the Oakland A's.

For dozens of Legion Baseball participants like Fingers, the ALWS is a springboard to a career in pro baseball.

Oakland A's catcher Josh Phegley played in the 2006 American Legion World Series for Wayne Newton Post 346 in Terre Haute, Ind.

"That is the most fun I ever had playing," Phegley says. "We got to the (American Legion) World Series and were on cloud nine. It was such a great experience to go to Cedar Rapids and play in the World Series. It was one of the most fun years I've ever had."

Phegley's manager in Oakland, Bob Melvin, took a similar path to Major League Baseball, where he played for 10 years and has managed for 15 years. Melvin led his Palo Alto, Calif., Post 375 squad to an ALWS berth in 1980. Making the experience even more memorable, he received the James F. Daniel Jr. Memorial Sportsmanship Award, presented to a player who participates in the ALWS and best embodies the principles of good sportsmanship.

"The American Legion, for me, was probably the time that I felt like (a career in baseball) was the direction I was going," Melvin says. "Some of the best memories I have in baseball were at the (American Legion) World Series in Ely, Minn. Those were the best baseball times of my life."

Last August, Texarkana, Ark., Post 58 won the ALWS in an extra-innings thriller. "It's what you dream of since you're a little kid: playing in front of a big crowd, teammates looking to you to make a big play," says Zac Harrington, the pitcher who recorded the final out. "I'm just glad I got the chance."

Time will tell whose dream will come true in 2017.

Jeremy Field is assistant director of baseball promotions at The American Legion.

DON'T MISS THE 2017 AMERICAN LEGION WORLD SERIES

This year's tournament is Aug. 10-15 in Shelby, N.C., and you can watch all the games online on ESPN3. Games played Saturday through Thursday will be broadcast live on television on ESPNU.

THE GREAT WAR 100

HONOR & REMEMBRANCE

'The trench digging is ... very real'

Editor's note: *Throughout the Great War's centennial,* The American Legion Magazine *will publish excerpts from the letters of D.B. "Bernard" Ryan of Albion, N.Y., who served as an Army infantry officer and helped found American Legion Sheret Post 35 in 1919.*

MADISON BARRACKS, JULY 14, 1917

Dear Mother –

Again this morning we dug trenches and following it had inspection of rifles but we did not pitch tents. At least two men were discharged on account of their eyes. Rumors about the rest of us have quieted down over the weekend.

We marched home from the trenches singing "Good-bye, Boys, I'm Going to be Married Tomorrow," "Good-bye, Girls, I'm Through," and *Lohengrin*'s wedding march, for our Captain Connally, our 1st assistant instructor, is to be married today. At noon just before dismissal, Capt. Marmon made a delightful little presentation and gave Capt. C. a purse, about $50 that we made up last night. Afterwards he presented the regulation Colt automatic pistol to the man who made the highest score on the range of those who had never shot before. This prize was given by S.S. Bryan Sr. of Titusville, Pa., whose son is in camp. A younger son is in the ambulance corps in France.

The trench digging is very interesting and very real. All of the companies are working in reliefs on a complete line of fortifications. First line trenches, shelters, dugouts, communication trenches, and all their attendant details. Yesterday and today I worked on the shelter, which is just behind the first line trench and is 88 feet long, seven feet high, and seven feet wide. It is made to accommodate 16 men, the sides are shored up by timbers, the roof is made of corrugated iron and covered over three feet deep with dirt and stone. It is supposed to be bomb and shell proof. Two squads sleep there while a third is on duty to the front. One interesting thing that might happen would be the throwing of bombs, perhaps merely gas ones, down into the shelter by the enemy after the first trench was taken. Of course, everybody inside would be asphyxiated. It wouldn't be necessary to blow it up. I have read of such occurrences. I also worked on cambions and fascines. Both are made of twigs and branches, the former being a hollow cylinder woven about stakes about three feet long. It is filled with sand and used to hold the wall of a trench. The latter is made eighteen feet long and nine inches in diameter and takes the place of a log. The endings are wired together firmly. It also is used for support. We will also have to learn to tie knots.

My bunkie has just received a crate of Georgia peaches. He isn't here and I am looking forward to his return.

Love, Bernard

HONOR & REMEMBRANCE

Hawaii fights to save World War I memorial

The stately Waikiki War Memorial Natatorium has a rich history. During World War II, servicemembers trained there. In 1927, Olympic swimming gold medalist Duke Kahanamoku celebrated its opening by taking the first official swim.

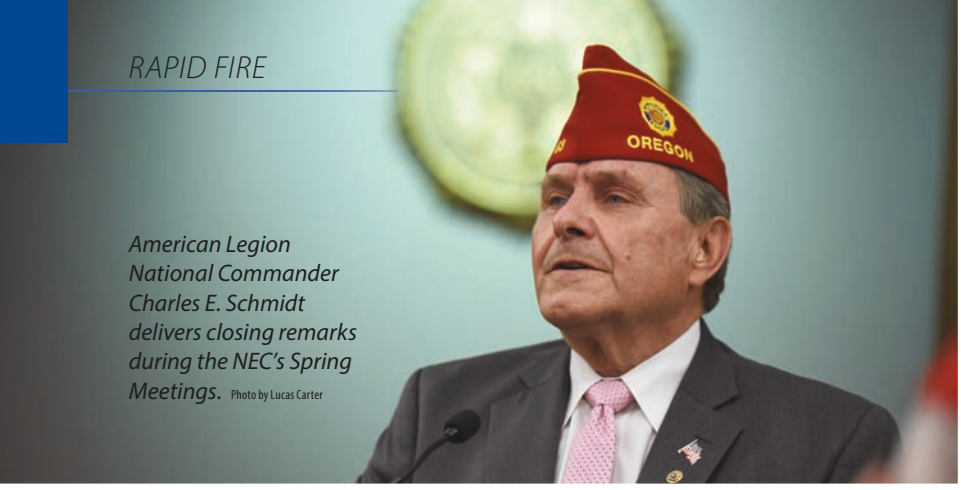
"Our World War I memorial is a living memorial to honor the 101 Hawaiians who perished during the first world war and other volunteers who helped in that effort," says Michael Soucie, who has worked hard to save the natatorium during his time as commander of the Legion's Department of Hawaii. "The American Legion was instrumental in getting it built. It was young at that time and got behind the concept of a living memorial."

The memorial was built in 1920s-style with an arch stretching skyward, toward the Pacific. Inside its padlocked gates, bleachers surround an Olympic-sized swimming pool. But the structure may soon be torn down, taking with it a community memorial honoring Hawaiians who served in the U.S. military decades before the island achieved statehood.

In 2014, the Legion's National Executive Committee passed Resolution 18, which calls for full restoration of the Waikiki Natatorium War Memorial to its original condition and location.

An environmental impact study is underway, but there's just one acceptable solution for Hawaii's Legionnaires. "The monument needs to be fully restored," Soucie says. "The technology exists today to make the saltwater pool viable and let the people of Hawaii use this living memorial as it was meant."

Photo by Lucas Carter



American Legion National Commander Charles E. Schmidt delivers closing remarks during the NEC's Spring Meetings. Photo by Lucas Carter

SPRING MEETINGS

Schmidt: 'Carrying the legacy forward is our responsibility'

During the National Executive Committee's Spring Meetings in Indianapolis on May 10 and 11, American Legion National Commander Charles E. Schmidt emphasized the urgent need to stabilize and increase membership.

He shared an email from Monica Trujillo of Post 29 in Port Angeles, Wash., who told Schmidt she is eager to bring younger veterans into the fold.

"I'm glad there are Legionnaires like Monica, who are working to get new members and mentoring younger ones," Schmidt said. "But what about the rest of us? Who will fill our shoes?"

Resolution No. 1, which will make contact information for newly acquired DMS members available through **MyLegion.org**, effective July 1, will give the organization a membership boost for 2018. But Schmidt told NEC members to push hard the remainder of this membership year, saying he'd like to see all 55 department commanders recognized at the national convention in Reno, Nev., for 100 percent membership. He called on the NEC to work with department leaders, all the way to the post level, to accomplish that goal.

Resolutions passed include establishing a suicide prevention program under the Legion's TBI/PTSD Committee to examine recent trends of veteran suicide as they relate to PTSD, TBI and military sexual trauma. The program will analyze best practices in suicide prevention not currently used by DoD or VA. Another resolution will honor a VA physician and health-care provider of the year.

Past National Commander Clarence Hill receives a quilt during a banquet honoring the Legion's National Executive Committee on May 10. Photo by Lucas Carter

Legion, Auxiliary team for Quilts of Valor event

For the third straight year, American Legion Family members participated in a Quilts of Valor "Day of Service" event during the NEC's Spring Meetings, helping make handmade quilts for Legion leaders to distribute to wounded warriors and veterans recovering in military and VA medical facilities. More than 159,000 quilts have been presented since Quilts of Valor (**www.qovf.org**) was founded in 2003.

National Vice Commander Douglas Boldt has presented four quilts to veterans in recent months. "As you're watching them wrap themselves up in their quilts, you can't get that image out of your mind," he says. "The look in their eyes is something that stays with you for a long, long time. Maybe forever."

$671,892

Amount of Legacy Scholarship money awarded to 55 children of fallen and disabled post-9/11 servicemembers this year. Eligibility now includes children of post-9/11 veterans with combined VA disability ratings of 50 percent or higher.

$210,000+

Amount donated to various American Legion programs, including Temporary Financial Assistance and service officer training – Schmidt's two fundraising priorities – during the NEC's Spring Meetings.

Key resolutions of the 2017 Spring Meetings

FINANCE

3 Request Congress mint 100th Anniversary Commemorative American Legion Coin

INTERNAL AFFAIRS

15 Support construction of national monument dedicated to Gold Star Mothers and families

16 Support construction of National Global War on Terror Memorial

VETERANS AFFAIRS & REHABILITATION

19 Endorses creation of a VA small business advisory committee

23 Urges Congress to authorize VA to provide urgent mental care for veterans with other-than-honorable and general discharges

27 Amend U.S. Code to clarify treatment of a veteran adjudicated by VA as mentally incompetent for certain purposes

29 Urges VA to establish an opioid treatment program, including a detox unit, at every VA medical center

VETERANS EMPLOYMENT & EDUCATION

20 Calls for fairness in GI Bill benefits for wounded servicemembers and activated National Guard troops and reservists

Go online for the full text of all 29 resolutions passed at the meetings:

archive.legion.org, click on "Resolutions"

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GALLERY

On April 22, President Donald Trump awarded the first Purple Heart of his presidency to Army Sgt. 1st Class Alvaro Barrientos, who was wounded in action in Afghanistan in March and lost his right leg below the knee. Barrientos is a member of American Legion China Post 1. AP photo by Alex Brandon

TECHNOLOGY

Digital age disorders

StockSnap.io

NOMOPHOBIA A term coined in 2012 to describe the feeling some people experience when they misplace their mobile phone. "Nomophobia" is short for "no-mobile phobia." According to *The Week* magazine, a British poll found that 73 percent of respondents "felt panic when they misplaced their phone. And for another 14 percent, that panic spiraled into pure desperation."

StockSnap.io

TECHNOFERENCE A term used to describe the ways digital technologies interfere with everyday life. More than half the participants in a recent study say "tech devices interrupt their leisure time, conversations and meals," the magazine reports.

PHANTOM RINGING/RINGXIETY "These terms refer to the perception that one's mobile device is ringing (or, more precisely, vibrating) when in fact it is not." One researcher studied 320 adult mobile-phone users, and found that two-thirds reported experiencing phantom ringing.

StockSnap.io

CYBERCHONDRIA A term used to describe people who research their health symptoms online and then diagnose themselves based on their web searches.

StockSnap.io

TRUMAN SHOW DELUSION A term used to describe people who believe their lives are being watched and broadcast, as in the 1998 film "The Truman Show." The syndrome was first identified in 2003 by a professor of psychiatry at New York University School of Medicine. According to *The Week*, "Truman Show delusion is a product of our overly connected, reality-TV obsessed, social media-driven lifestyles that nurture our most narcissistic qualities."

WAR ON TERRORISM

'ISIL' is out

The Pentagon has ordered military officials to use the acronym ISIS, not ISIL, when referring to the Islamic State, "abandoning the convention of the Obama administration and embracing the term preferred by President Trump," *The Washington Post* reports.

ISIS is short for the Islamic State of Iraq and Syria, while ISIL is short for the Islamic State of Iraq and the Levant. The Levant represents a more expansive, amorphous region of the Middle East than Iraq and Syria.

ACTIVE DUTY

Meet the neighbors

Gen. Thomas Waldhauser, commander of U.S. Africa Command, expects the Chinese to have their first overseas military base up and running this summer, *DefenseTech* reports.

The new Chinese military facility is located in Djibouti, just four miles from a key U.S. base in the tiny, strategically located nation in northeast Africa. Some 3,000 U.S. troops and contractors are based in Djibouti.

Waldhauser reports that he has met with Djibouti's president to express "our concerns about ... what the Chinese should not do at that location."

ACTIVE DUTY

Army considers facial hair

The Army has launched a study to determine whether soldiers should be permitted to wear beards, *Army Times* reports. According to Sgt. Maj. Anthony Moore, "Soldiers would ask here and there, but it's gained traction since the Army directive for religious accommodations," which was promulgated to allow Sikhs serving in the Army to keep their facial hair. If the recommendation for a change in policy is made, it must be approved by the secretary of the Army, the paper adds.

MEDIA

Veterans benefits, state by state

The American Legion's national website, **www.legion.org**, has added a state-by-state listing of benefits offered to veterans and their families, at both the state and federal levels.

Past National Vice Commander Doug Haggan, a service-connected disabled veteran, says he learned a few years ago that more benefits were available to him in Indiana than he knew.

"For instance, if you're 10 percent disabled in Indiana, your kids can go to a state school for free," he says. "The more I hunted, the more I found."

Haggan's research evolved into the robust and extensive directory now online. Clicking on a state takes you to the following categories:

OVERVIEW
A brief history and description of that state's veterans affairs department

EMPLOYMENT
Job listings, job programs, small business help, licensing

EDUCATION
Higher education, GI Bill, scholarships, tuition exemptions, high school diplomas

HEALTH CARE
State and VA facilities and programs, PTSD resources

WOMEN VETERANS
Resources specifically for women who served in the military

STATE BENEFITS
Licenses and license plates, tax exemptions, legal resources, discounts, special offers and programs unique to each state (see examples at right)

VETERANS HOMES

VETERANS CEMETERIES

CONTACT INFORMATION
Phone numbers and email addresses for state veterans departments, American Legion departments and state veterans service offices

www.legion.org/veteransbenefits/state

Photo by Matt Roth

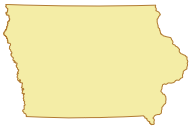
CALIFORNIA'S VET RESIDENTIAL ENRICHED NEIGHBORHOOD COMMUNITIES program is designed to help low-income veteran families move up to the middle class by building their own homes in neighborhoods of other veteran families.

CONNECTICUT awards a state wartime service medal to a past or present resident with qualifying military wartime service.

ILLINOIS' VETERANS CASH is a lottery ticket that designates 100 percent of net proceeds to fund cash grants for organizations that provide assistance to veterans, including job training, housing assistance and PTSD treatment. The game usually runs from November through February.

IOWA'S WAR ORPHAN FUND provides educational assistance for children of resident veterans who died on active federal military service but did not qualify for federal VA educational benefits.

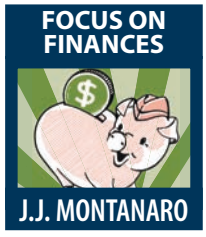
KENTUCKY'S WILLS FOR WARRIORS is a project of the state's Legal Aid Society and the Kentucky Bar Association to help low-income veterans in need of wills, health-care surrogates, powers of attorney and more. Volunteer attorneys help prepare documents at no cost.



MINNESOTA offers apprenticeships in several fields, including construction, graphic production, power trade, manufacturing, service and professional.

PERSONAL FINANCE

Six reasons a VA loan may be a good fit



While my military days are well behind me, my family is on the brink of a move. During the past two years, we've laid the foundation for what I hope will be a smooth process. We've done the same things I would encourage you to do before embarking on the adventure that is homeownership: we've socked away cash, we've checked and rechecked our credit reports, and we've built a "new home" budget that includes all the costs of ownership. Of course, we've also committed to owning the property for the long haul.

As I write this, we're looking at mortgages. And although it's been a while since I wore the uniform, we're considering a Department of Veterans Affairs Guaranteed Home Loan – or as it's more commonly known, a VA loan.

It's an option you may want to consider, too. Here are six reasons a VA loan can be a good fit:

■ **No down payment and no PMI.** This may be a VA loan's biggest draw. With a conventional loan, you'll typically need a 20 percent down payment, or you'll be required to purchase private mortgage insurance (PMI). Not so with VA. Unless you're receiving VA disability compensation, VA loans require you to pay a funding fee, but they don't require a down payment or PMI.

■ **Competitive rates.** VA doesn't set interest rates; the lender does. That means the rates are competitive with any other type of loan. And in some cases, they're better than conventional loans. As I mentioned, it's important to have your credit score and overall finances in tiptop shape before applying for any mortgage. It's also critical to shop around for the best terms and rate ... even with a VA loan.

■ **Buyer takeover.** In certain situations, VA will allow another buyer to step in and assume your loan. If interest rates continue to rise, this could be a nice feature. While the new buyer would have to come up with the cash difference between the loan value and the house's market value, the terms of the loan could be a lot more favorable, and the cost of the transaction could be substantially less.

■ **It's pretty darn quick.** Long gone are the days when processing a VA loan was a never-ending marathon, relative to the sprint offered by its conventional counterpart. Today, using VA's automated system, your lender can get an electronic "certificate of eligibility" from VA and close your loan in just a few weeks.

■ **You can use it more than once.** If you've paid off the previous loan, all of your entitlement is restored and you're eligible to use another VA loan. One note: subsequent use may require an increased VA funding fee.

■ **You can use it to refinance.** Although rising interest rates are shrinking this opportunity, you can also use a VA loan to refinance a conventional loan or another VA loan. If you already have a VA loan, the Interest Rate Reduction Refinance Loan is an option. It has just a 0.5 percent funding fee, and there's no appraisal or financial underwriting required by VA (lender requirements may vary).

Visit **va.gov** and talk to your lender to learn all the details. But remember, VA loan or not, the smartest move you can make is to ensure that the decision to buy is appropriate given your circumstances.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

www.legion.org/usaa/focusonfinance

SCOUTING

Tennessee youth named Legion's Eagle Scout of the Year

Scott Moore Jr. of Clarksville, Tenn., is The American Legion's 2017 Eagle Scout of the Year. A senior at Northeast High School and member of Boy Scout Troop 562, he will receive a $10,000 college scholarship.

For his Eagle project, Moore raised funds to do improvements at The Well, a homeless shelter and food ministry in Clarksville. He built and replaced worn-out counters, installed a storage closet for dry goods and cleaning supplies, organized three food drives, and assembled 200 hygiene packets for residents.

Moore is a JROTC battalion commander for 191 cadets and has received the JROTC Superior Cadet and U.S. Army Recruiting Command awards. He attended Kentucky American Legion Boys State and plans to study aviation at the U.S. Military Academy at West Point. He intends to follow in the footsteps of his father, Scott Moore Sr., who is still serving on active duty and is a member of Fort Campbell Post 233.

www.legion.org/scouting

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NATIONAL CONVENTION

Reno baseball, tours and event venues

On Aug. 21, the Reno Aces will play the Fresno Grizzlies at Greater Nevada Field, a short drive northwest of the Reno-Sparks Convention Center. The game starts at 7:05 p.m. American Legion Family members can get discounted tickets that are available only for pre-sale and upon availability, so order them now. Contact the Aces' Brian Moss at **(775) 334-7018**.

www.legion.org/convention/resources

WANT TO HOST A LARGE GATHERING?

In addition to hotel space and Legion posts available to host functions or parties, Reno offers additional venues within shuttle or walking distance.

■ **Freight House District** The entertainment venue attached to Greater Nevada Field is a collection of restaurants, open-air patios and traditional event spaces that accommodate up to 175 guests. For outdoor events, the Heineken Stage at the Center Bar can serve groups as small as 50 or as large as 1,000 for events, presentations or performances. Contact Brian Moss at **(775) 334-7018** or **brian@renoaces.com**, or visit **greaternevadafield.com/book-an-event**.

■ **National Bowling Stadium** With 65,000 square feet of open space adaptable to any event, the National Bowling Stadium is perfect for small dinner parties or large galas. Groups can also include bowling on some of the 78 professional lanes as part of their event. Call Bob Thomas, operations manager, at **1-800-304-BOWL**.

■ **National Automobile Museum** This museum on the downtown Riverwalk is fully equipped for receptions, luncheons and ceremonies, and can accommodate groups from 60 to 1,200. Call the museum at **(775) 333-9300** or visit **www.automuseum.org**.

■ **Nevada Museum of Art** The museum can accommodate groups of up to 500. Call Nisha Hallert, director of special events and sales, at **(775) 398-7225**.

www.legion.org/convention/reno

STILL TIME TO BOOK A TOUR

Pre-registration for Reno-area tours is still open. Mail-in registrations are due by Aug. 2 and online registrations by Aug. 6. Online and on-site registration will have limited availability after Aug. 6. Tour options include Historic Virginia City, Historic Donner-Truckee, a shopping shuttle, a paddlewheel dinner dance cruise or paddlewheel cruise with lunch on Lake Tahoe, a city tour of Reno, and an excursion to Lake Tahoe and its gondola. Email Destination Tahoe at **contact@destination-tahoe.com** for more information.

www.legion.org/convention/resources

Photo courtesy Armand Basualdo

CENTENNIAL

Post 82, Millville, N.J.

Nabb-Leslie Post 82 in Millville, N.J., staged a series of plays and musical performances in the 1920s, '30s, '40s and '50s. Most occurred at the locally renowned Levoy Theatre, which was built in 1908 and remained a prominent city landmark until its closing in 1974.

Six participants in the performances are still active members of the post.

SHARE YOUR POST'S LEGACY

Upload stories, photos and videos of your post's history on the Legion's Centennial Celebration website.

www.legion.org/centennial

EDUCATION

Selected Reserve and transfer of benefits

Q: *I am in the Army Reserve and have a 2-year-old daughter. How long do I have to serve in the Selected Reserve to be able to transfer my educational benefits to her?*

A: To transfer your benefits to your daughter, you must have at least six years of service in the armed forces – active duty or Selected Reserve – and agree to serve four additional years from the date of election, or you must have 10 years of service on the date of approval, be precluded by standard policy or statute from committing to four additional years, and agree to serve for the maximum amount of time. Remember, all transfer requests are submitted and approved while you are in the armed forces.

You can transfer up to 36 months of unused educational benefits to your daughter as long as you do so before you separate or retire from the military.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Arizona. ***askvalerie@legion.org***

SONS OF THE AMERICAN LEGION

My grandpa, my hero

Photo courtesy Donald Stone

Sons of The American Legion members can share their families' stories at ***www.legiontown.org****, by clicking on "My Hero, Our Story." Entries will be published at* ***www.legion.org/sons*** *and considered for publication in* The American Legion Magazine.

My grandfather, Boyd W. Stone Sr., served with the 2nd Infantry Division in World War I and was awarded the Silver Star and a "wound stripe" (later changed to a Purple Heart). He joined The American Legion early in St. Louis and served as commander of Terminal Railroad Post 85 in 1938. Gramps worked for the railroad, so he was able to take his family to most national American Legion conventions during the '20s and '30s. Dad kept a scrapbook of these trips and it's one of my most treasured possessions.

When my dad was drafted for World War II, Gramps "re-upped." On D+11 he went into Normandy to inspect railroad lines and was shot by a German sniper (his second Purple Heart). After my own service in the Army, I was proud to join the Legion and, more recently, the Legion Riders here in Wisconsin.

The last entries in my dad's scrapbook were of the Milwaukee convention in 1941, with a picture of Gramps carrying the Legion flag in the parade. When the national convention returned to Milwaukee a few years ago, I was honored to be one of the Legion Riders leading the opening parade. I know Gramps was riding with me.

In honor of my dad (a veteran of World War II and Korea), I became a dual member by joining the SAL a few years ago.

– Donald "Alamo" Stone, New Berlin, Wis.

MEMBERSHIP

NEW POSTS

Fellowship Post 951, Riverside, Calif. Chartered April 12 (15 members)

Texas Fallen Heroes Post 347, Rowlett, Texas Chartered April 12 (15 members)

Post 2017, Limon, Colo. Chartered April 11 (16 members)

Post 16, Marion, Ala. Chartered April 7 (15 members)

Post 2016, Union Springs, Ala. Chartered March 13 (17 members)

Post 42, Hilton Head, S.C. Chartered Feb. 14 (41 members)

Fairfield Plantation Post 338, Villa Rica, Ga. Chartered Jan. 31 (36 members)

Post 349, Copperas Cove, Texas Chartered Jan. 25 (15 members)

Laramore-Osborne Post 100, Royse City, Texas Chartered Jan. 24 (18 members)

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‘A more optimistic picture’

National Center for PTSD director Paula Schnurr on new and current treatments.

BY KEN OLSEN

Media Bakery

Paula Schnurr has been trying to unravel post-traumatic stress disorder (PTSD) – what causes it, who gets it and what most effectively treats it – since attending graduate school at Dartmouth College more than 30 years ago. After earning her doctorate in psychology, she worked with Matt Friedman on a study of how Vietnam service affected the Dartmouth classes of 1967 and 1968.

Schnurr and Friedman were part of the group that then wrote the original grant to establish the National Center for PTSD, which was created by congressional mandate in 1989. Its administrative headquarters are in White River Junction, Vt. The national center has research sites in Honolulu, Palo Alto, Calif., Boston, and West Haven, Conn. Friedman was the founding executive director and Schnurr the deputy.

When Friedman retired in late 2013, she took the helm. In addition to serving as the center’s executive director, Schnurr is professor of psychiatry at the Geisel School of Medicine at Dartmouth and editor of *Clinician’s Trauma Update Online*.

What compelled you to work on PTSD?

It was the challenge of trying to understand who would get PTSD, who would keep PTSD, why that was the case and how to treat it. I found it such an intriguing question. I still do.

What’s the mission of the National Center for PTSD?

We are trying to promote the well-being of veterans and all trauma survivors by advancing research and education on PTSD. Our basic goal is to get the scientific knowledge out there where it can do some good. It would have been impossible, or at least cost-prohibitive, to bring all the expertise needed to one physical location. That’s why we created a consortium. So, for example, we capitalized on the strong neuroscience presence at the West Haven VA at Yale. We capitalized on the strong behavioral science work that was going on at the Boston VA at what is now Boston University, and so on.

How has our knowledge about PTSD changed since you got involved in the Dartmouth study nearly 30 years ago?

At the time, there was some thought that perhaps some people were just more vulnerable, or had pre-existing problems or failed to adapt to normal life circumstances. We’ve learned that trauma is quite prevalent and PTSD will happen to a number of people. We’ve come to a greater understanding of the validity of the diagnosis. We used to think PTSD was chronic. Now we have a lot more optimism about the current treatments, and the work to find new treatments or make current

VERBATIM

“I’m a big supporter of this competition .... it really taught me everything I needed to know about the Constitution, our history and our founding.”

Erin Connor, a semifinalist in the Legion’s 2013 National Oratorical Contest who was crowned Miss Vermont in April. She and her two sisters, Samantha and Brooke, were state champions of the Department of Vermont’s Oratorical Contest. A member of Auxiliary Unit 27, Connor says the program sharpened her public speaking and interviewing skills.

Photo courtesy Steve Smith Photography

treatments better. So it's a much more optimistic picture for, say, a veteran of Iraq or Afghanistan versus a veteran who came back from Vietnam.

What effect do multiple deployments have with regard to PTSD?

The data shows that people who have more deployments have greater risk of developing PTSD.

What treatments have proven effective?

The best treatments are psychotherapies such as cognitive processing, prolonged exposure and EMDR (eye movement desensitization and reprocessing). There has been a study of interpersonal therapy for PTSD and I think that's encouraging. We're also seeing more studies on complementary and alternative treatment – yoga, meditation and acupuncture – and while that's encouraging, the evidence on those kinds of treatment is far from definitive. But it's really important to give people a choice.

Paula Schnurr

How effective are prescription medications compared to psychotherapy?

The best psychotherapies we have are more effective that the best medications we have.

How effective are complementary and alternative therapies when compared to medication?

I'm not aware of any study that has compared any type of complementary and alternative treatment – let's say meditation or yoga – with medication.

What's your view on alternative therapies such as equine therapy or service dogs?

The jury is still out with respect to service dogs. VA is doing a large trial that will probably have results on something on the order of 18 to 24 months. But we don't have anything more than anecdotal evidence on dogs, and similarly on equine therapy. Whether they actually help with PTSD or just help with general well-being is an important question. But I want to make it clear that I see lots of reasons why any kind of additional therapy, especially if it involves something that promotes physical health as well as general well-being and connection to others, is a good thing.

Why are benzodiazepines still prescribed in an estimated 30 percent of PTSD cases even though the drugs are not effective for it?

From what we can tell, this is not a VA phenomenon. Angiolytics like benzodiazepines are used both in and outside VA, unfortunately, for PTSD. I say unfortunately because we have no evidence that they are effective for PTSD. There's no data on why they are being prescribed. But based on everything we can put together, we think there's a couple of reasons. One is that many people have been on these medications for a long time and they are telling their providers they need the medication and that the medication is working.

You might say to me, 'If the patient says the medication is working, what's the harm?' Well, evidence is emerging that chronic, long-term benzodiazepine use is associated with cognitive problems later in life. There are also problems related to falls and adverse events like that.

What do we know about changes in the brain for someone who experiences PTSD?

We have a much deeper understanding of how the brain changes with PTSD. It's both structural and functional. It's chemical. I hope it has put an end to any questions about the validity of the diagnosis – the kind of questions we were dealing with back in the 1980s.

Are these changes in the brain irreversible?

These are not permanent changes. It's not brain damage. We now have much more effective treatments where we can see people improve substantially. Some people no longer have PTSD. And while I'm cautious to use the word cure – because it doesn't happen for enough people yet – a number of people are cured when they get effective treatment.

What's the greatest challenge to treating PTSD?

The biggest challenge is that many people are still reluctant to come for treatment. And when they do come in for treatment, it's work. Psychotherapy – the most effective treatment – involves going to treatment, it usually involves doing some homework between sessions, and it requires an engagement and a commitment that not everyone wants to make. So we're trying to understand how to get people in the door and how to keep them in order to do the work they need to do to get the optimum benefit.

I think the other challenge is finding ways to make the treatments we have work better for more people.

Ken Olsen is a frequent contributor to The American Legion Magazine.

HONOR & REMEMBRANCE

Help build the Legion's memorial database

The American Legion's Veterans Memorial Identification Project encourages members of the Legion Family to locate, document, photograph and submit information about veterans memorials and monuments in their communities and states.

Sites from any war era are welcome, including the ongoing war on terrorism. The page allows for easy upload of photos and information via smartphone while on site. Entries are posted soon after review.

www.legion.org/memorials

400	Database entries in early March
700	Entries in late May
45	States represented
6	Foreign countries represented
1,000	Entry goal by start of 99th National Convention in Reno, Nev.

How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280,** e-mail **reunions@legion.org** or submit information via our website, **www.legion.org/reunions.**

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280** or e-mail **reunions@legion.org.**

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine,* Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

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ARMY

3rd Armd Div Vets, Austin, TX, 11/10-13, Everett Spencer, (469) 383-2392, 3adsecretary@gmail.com; **12th Armd Div (WWII) – 75th Activation Anniv,** Abilene, TX, 7/19-23, Jennifer Lenches, (325) 677-6515, jenniferlenches@gmail.com; **106th Inf Div,** Kissimmee, FL, 9/13-17, Wayne Dunn, (410) 409-1141, waynedunn@comcast.net; **249th Eng Bn Assn,** Nashville, TN, 10/26-29, Robin Wandell, (660) 815-1166, firewoodfriends@hotmail.com; **304th Sig Opns Bn (All Yrs),** Branson, MO, 9/12-14, Eber Janzen, (608) 524-3631, budsmart01@yahoo.com; **328th Comm Recon Co (ASA) (Bad Aibling, Germany, 1952-1956),** Columbus, OH, 9/12-14, Jerry Fortenberry, (601) 684-6050, jerry7216@att.net; **549th MP Co (Panama, 1971-1976),** Branson, MO, 10/4-8, Tony Bianchi, (519) 399-7067, abiancha@nycap.rr.com; **577th Eng Bn (Vietnam, 1966-1972),** San Antonio, 9/7-10, Jim Stevens, (704) 363-5358, jrs562@aol.com; **ASA (Herzo Base, Germany),** Jacksonville, FL, 9/22-24, Joe Connelly, (856) 939-4690, mrcon2@comcast.net; **ASA Okinawa,** Seattle, 8/31-9/4, Gary Duenow, (319) 393-2234, thedue60@yahoo.com; **Bamberg MP Assn (1970-1975),** North Myrtle Beach, SC, 9/21-24, Marvin Moffat, (585) 296-3763, geomarki1@msn.com; **D/2/16, 1st Inf Div (1967-1970),** Chapin, SC, 9/28-30, Don Dignan, (734) 525-0157, dondignan@sbcglobal.net; **G Co 75th Inf Ranger,** Buffalo, NY, 9/20-24, Rod Congdon, (716) 685-5034, rmc77@hotmail.com; **Nat'l Pathfinder Assn,** Newburgh/West Point, NY, 8/29-31, Dean Nelson, (970) 353-0146, nelent@aol.com; **Vietnam Gun Truck / 54th Trans Bn (Camp Addison, Qui Nhon, Vietnam, 1966-1967),** Morro Bay, CA, 9/10-15, John McMurray, (423) 473-2729, jmj669tc66vn67@hotmail.com

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Plt 2001 (MCRD San Diego, Dec 1961-Mar 1962), George Kudlinski, (618) 997-3191, polishprince@frontier.com
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TAPS

Audrey B. Box, Dept. of Mississippi. Dept. Cmdr. 1995-1996, Nat'l Foreign Relations Cncl. Vice Chmn. 1987-1998 and 2000-2013, and Nat'l Sec. Cncl. Memb. 2013-2017.
Eugene C. Eichelberger, Dept. of Pennsylvania. Dept. Cmdr. 1977-1978, Nat'l Distinguished Guests Cmte. Vice Chmn. 1983-1988, Nat'l Foreign Relations Cncl. Vice Chmn. 1972-1977 and 1992-1997, Nat'l Housing Cmte. Memb. 1958-1959 and Nat'l Conv. Resolutions Assignment Cmte. Memb. 1978-1981.
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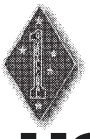
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Don't take atoms seriously. They make up everything.

A FUNNY THING about our nation: July 4 is America's birthday, but April 15 is when it collects its presents.

A TEACHER asked a student, "If you had 16 jelly beans and your friend asked you for 10, how many jelly beans would you have?"

"Sixteen," the student replied.

MY GRANDFATHER'S birthday celebration was postponed on account of rain. It was indoors, but all the candles on his cake set off the sprinkler system.

I GOT FIRED from my job as a taxi driver. Turns out my customers didn't like it when I tried to go the extra mile.

A WOMAN answered her front door to find a plumber standing there.

"I'm here to fix the leaky pipe," he said.

"I didn't call a plumber," the woman replied.

"Aren't you Mrs. Snyder?"

"The Snyders moved out of this house more than a year ago."

"How do you like that?" the plumber grunted. "They call you up and tell you it's an emergency, then they up and move away!"

I'M SUCH a slow reader that by the time I finish a mystery, it doesn't matter who did it. The statute of limitations has run out.

"I love the excitement and sense of danger in dating the bad boy, but I hate that he keeps chewing up my shoes."

"Well, now that we've quietly sussed out each other's political leanings, another beer?"

"If spam can find me, how come nobody else can?"

MY WIFE began to complain about my obsession with golf. I asked her if it was driving a wedge between us.

A GROUP of college spring-breakers were partying noisily in a hotel room. Finally, a hotel employee knocked on the door and said, "I have to ask you to make less noise. The gentleman in the next room says he can't read."

"He should be ashamed of himself," one drunk student replied. "I could read when I was 5!"

"LOS ANGELES is one of the two finalists to host the 2024 Olympics. So if you want to attend one of the events in L.A., you should get on the freeway now." – *Conan O'Brien*

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